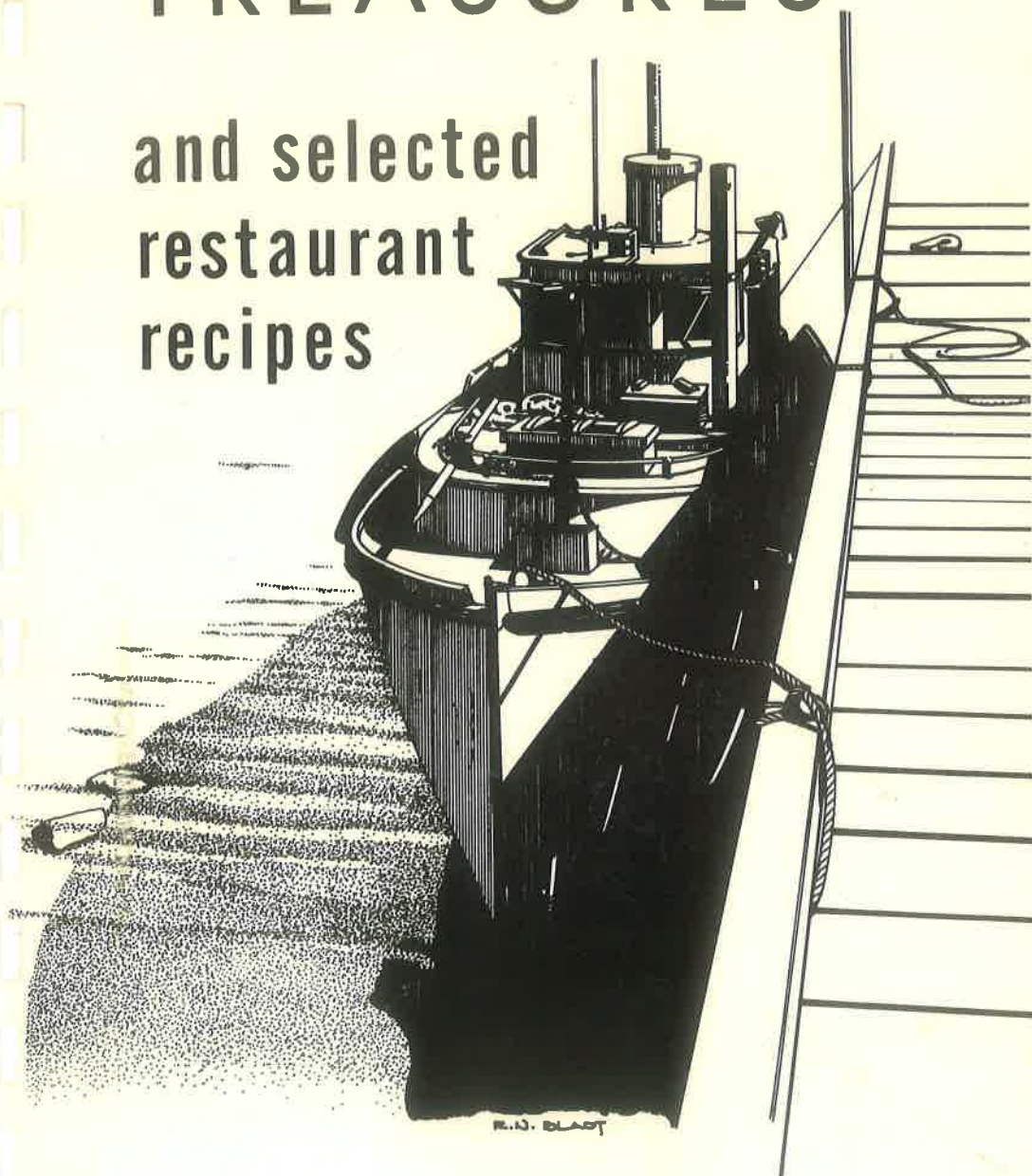


SEAFOOD TREASURES

and selected
restaurant
recipes



Bruce & Kathleen Rogers
P.O. Box 756
Edmonds, WA 98020

*This book is dedicated to the fishing fleet;
men who seek out nature's challenges,
and who particularly enjoy the harmony of life itself—
and who also enjoy good cooking!*

*For the Hawkings and
Andrews - 4/2001*



SEAFOOD TREASURES

was compiled by the wives of members of the Puget Sound Gillnetter's Association. Our fishermen fish at night with nets that are a selective type of salmon fishery. Sometimes the wives or members of the family serve as "crew".

The size of the mesh fished is determined by the specie of salmon and by the rules and regulations of the Washington State Department of Fisheries.

Salmon are caught in the net by their gills, hence "gillnets", as the small fish go through the nets on to mature and too large salmon go around the net to migrate upstream to spawn.

Our fishermen are known as "the farmers of the sea".

Fishing season for salmon in the Northwest is from the middle of June until the middle of November, therefore fresh salmon is available during those months. Fresh/frozen salmon and canned salmon are available throughout the years.

We sincerely hope you enjoy the recipes in this cookbook.

Puget Sound Gillnet Auxiliary

ACKNOWLEDGEMENTS

SKETCHES — RALPH BLADT, LORI COULTER, JUDY ODELL
and MERRI STOPPELMAN are Northwest Artists
whose families have etched out a living from the sea
for over three generations.

ART LAYOUT — Tom Olson, Judy Odell

RECIPES — PSGA Auxiliary members and friends
— Chefs of popular N.W. restaurants

EDITED by Linda Martinson and Janis Harsila

Thanks to the U.S. Departments of Interior and Commerce
for information supplied.

NUTRITIONAL ASPECTS

Did You Know.....

....that seafoods are an excellent source of high quality protein and necessary vitamins and minerals, such as iron, phosphorus, calcium, iodine, potassium, and the B-vitamins which help provide and maintain good health and growth.

....that seafoods provide your body with a larger quantity of protein/serving than does any other animal protein.

....that seafoods are low in calories, carbohydrates, sodium and total fat.

....that seafoods are low in cholesterol and saturated fats and high in polyunsaturated fats.

....that seafoods are easily digested and readily assimilated by the human body, making it ideal for children, convalescents, and the aged.

....that seafoods are a healthful and nutritious part of a well-balanced diet.

**Janis Harsila
Registered Dietitian**

SEAFOOD GUIDE

BUYING FRESH FISH

A fresh fish has firm flesh. The odor should be fresh and mild. If it has a strong fishy odor, don't buy it; it is too old. Eyes should be bright and clear, skin should be shiny, with color unfaded.

About 1/3 to 1/2 pound of the edible portion of fish is considered an adequate serving - use the following chart as a buying guide.

	Pounds Per Person
Fillets, steaks, or sticks	1/3
Dressed fish	1/2
Whole or round fish	1

CLEANING AND DRESSING FISH

SCALING—Wash the fish. Place the fish on a cutting board and with one hand hold the fish firmly by the head. Holding a knife almost vertical, scrape off the scales, starting at the tail and scraping toward the head. Be sure to remove all the scales around the fins and head.

CLEANING—With a sharp knife cut the entire length of the belly from the vent to the head. Remove the intestines. Next, cut around the pelvic fins and remove them.

REMOVING THE HEAD AND TAIL—Remove the head and the pectoral fins by cutting just back of the collarbone. If the backbone is large, cut down to it on each side of the fish.

Then place the fish on the edge of the cutting board so that the head hangs over and snap the backbone by bending the head down. Cut any remaining flesh that holds the head to the body. Cut off the tail.

REMOVING THE FINS—Next remove the dorsal fin, the large fin on the back of the fish, by cutting along each side of the fin. Then give a quick pull forward toward head and remove the fin with the root bones attached. Remove the ventral fin in the same way. Never trim the fins off with shears or a knife because the root bones at the base of the fins will be left in the fish. Wash the fish thoroughly in cold running water. The fish is now dressed or pan-dressed, depending on its size.

CUTTING STEAKS—Large size dressed fish may be cut crosswise into steaks, about an inch thick.

FILLETING—With a sharp knife cut along the back of the fish from the tail to the head. Then cut down to the backbone just back of the collarbone.

Turn the knife flat and cut the flesh away from the backbone and rib bones. Lift off the whole side of the fish or fillet in one piece. Turn the fish over and cut the fillet from the other side.

HANDLING AND STORING FRESH FISH

Fresh fish should be kept at a temperature constantly below 40 degrees F. To ensure maximum storage life, however, temperatures of 31 degrees or 32 degrees F. are recommended. Ice is the best preservative for keeping fresh fish because it not only holds the temperature low, but also keeps the fish moist and in good condition.

Fish is *perishable* and must be handled with utmost care.

HANDLING AND STORING FROZEN FISH

Frozen fish should be kept solidly frozen until ready for use. Fish that have been thawed should not be refrozen. Maximum storage life can be obtained by maintaining a temperature of 0 degrees F. or below and by providing adequate moisture-vapor wrapping or glazing. If fish are placed directly in refrigerated space without suitable protective treatment, a gradual loss of moisture will occur until the fish are shrunken and dried. Dehydration not only causes an unsightly appearance and alteration in texture, but also results in loss of weight and flavor.

Thawing Frozen Fish

Additional cooking time must be allowed if frozen fish, fillets, and steaks are cooked before thawing. When fish are to be breaded and fried, or stuffed, it is more convenient to thaw them first to make handling easier.

Thawing is necessary when whole or drawn fish are to be cleaned or dressed. Methods of thawing fish are as follows:

1. Thawing at refrigerator temperature (40 to 45 degrees F.) is the recommended method. The fish should be held at this temperature only long enough to permit ease in preparation.
2. Frozen fish may be thawed by immersing in cold running water. This is the quickest method.
3. Thawing at room temperature is least desirable because the thinner parts of the fish, such as the section near the tail, will thaw faster than other parts and may spoil if the thawing period is long.

FREEZING FISH FOR LONGER STORAGE

Through years of experience in handling our husbands' catches, we wives have evolved our own method for freezing fish. Place fillets, steaks, or roast in freezer bags, removing as much air as possible. Place bags in clean, empty half-gallon milk cartons, and cover completely with water. Fish will retain best quality if used within 6 months.

GENERAL TIPS ON COOKING FISH

- The most common mistake made in cooking fish is that it is overcooked. Fish cooks quickly. Cook it only until it flakes easily with a fork. Overcooking dries it out.
- Cook fresh fish within one day.
- Do not refreeze thawed seafoods.
- Do not thaw frozen seafood at room temperature. Thaw in the refrigerator or under cold water in water-tight wrappings.

SEASONINGS AND SPICES

Experiment with different herbs and spices to add variety to seafood dishes. Those listed below lend themselves well to seafood:

Basil, sweet	Cinnamon	Garlic salt	Paprika
Bay leaf	Curry powder	Marjoram	Parsley
Cayenne pepper	Dill seed	Mustard	Rosemary
Celery salt	Dill weed	Nutmeg	Saffron
Celery seed	Fennel seed	Onion salt	Tarragon
Chervil	Garlic powder	Oregano	Thyme

GARNISHES, THE FINAL TOUCH

Build appetite appeal with “eye appeal”. The list of seafood garnishes is endless. Here are a few suggestions:

A TOUCH OF GREEN

Avocados—Peeled and sliced
Celery—Tops, hearts, sticks, or curls
Chives—Chopped
Cucumbers—Slices or sticks
Curly endive—Leaves
Dill—Sprigs or chopped
Green peppers—Sticks or rings
Lettuce—Leaves or shredded
Limes—Slices, twists, or wedges
Mint—Sprigs
Olives—Green or stuffed
Parsley—Sprigs
Pickles—Whole, sliced, or chopped
Watercress—Sprigs

A TOUCH OF RED

Beets—Cooked whole or sliced
Cranberry sauce—Whole or jellied
Paprika—Sprinkled sparingly
Pimientos—Strips or chopped
Radishes—Whole, sliced, or roses
Spiced crab apples—Whole
Tomatoes—Slices or wedges

A TOUCH OF YELLOW AND ORANGE

Carrots—Sticks, curls, or shredded
Hard-cooked eggs—Slices, wedges, deviled, or grated
Peaches—Halves or slices
Pineapple—Slices or wedges

OTHER ACCENTS

Fruit—Grape clusters, grapefruit sections, melon balls, pear halves
Nut meats—Toasted whole, halved, slivered, or chopped

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Appetizers & Sandwiches



APPETIZERS AND SANDWICHES

SALMON APPETIZER

1 (7 3/4 oz.) can salmon	Dash of pepper
1 head endive	Onion rings
1 tsp. lemon juice	Capers

Drain salmon, being careful not to break cylindrical shape. Separate and wash endive. Arrange in a serving dish. Place the salmon cylinder in the center of the dish. Moisten with lemon juice and sprinkle with pepper. Garnish with onion rings and capers. Serves 6.

ANGELS ON HORSEBACK

1 (12 oz.) can oysters	1/2 tsp. salt
2 Tbsp. chopped parsley	Paprika
10 slices bacon, cut in thirds	Pepper

Drain oysters. Sprinkle with parsley and seasonings. Place an oyster on each piece of bacon. Wrap bacon around oyster and secure with toothpick. Place oysters on a broiler pan and broil about 4 inches from source of heat for 8 - 10 minutes or until bacon is crisp. Turn carefully. Broil 4 - 5 minutes longer. Makes about 30 hors d'oeuvres.

CELERY FILLED WITH HERB SALMON

Karen Martinson

1 (8 oz.) pkg. cream cheese	1 Tbsp. horseradish
1 (3 3/4 oz.) can salmon, drained and flaked	2 Tbsp. minced green onion
	1/2 tsp. dill weed

Mix above ingredients and use to stuff celery sticks.

SALMON APPETIZERS

Lori Coulter

Mix 1 can salmon with 1/4 cup mayonnaise. Add a little sweet pickle juice, onion powder or any other seasoning to your taste. Mix well together and serve with crackers and sliced cheese. These make nice canapes by decorating salmon

SALMON APPETIZERS (Continued)

topped crackers or bread rounds, with cheese shapes, olives, pickles or pimento.

SHRIMP OR CRAB APPETIZER

Lori Coulter

- | | |
|--|-------------------------------|
| 1 1/2 c. fresh, frozen (or
canned) crab or shrimp | 1/4 c. bottled cocktail sauce |
| 1 (6 oz.) pkg. cream cheese | Green (or black) olives |

Flake crab. Combine all ingredients. Serve on crackers.

SALMON BALL

Judy Odell

- | | |
|---|---|
| 1 (1 lb.) can salmon (Sockeye
preferred) | 2 tsp. grated onion |
| 8 oz. cream cheese | 1 tsp. horseradish |
| 1 Tbsp. lemon juice | 1/4 tsp. liquid smoke (near
spices at grocery store) |

Roll into balls and then into minced parsley or chopped pecans.

CRAB-CHEESE FONDUE DIP

Judy Odell

- | | |
|-----------------------|----------------------------|
| 1 lb. Velveeta cheese | 1 lb. crabmeat (or shrimp) |
| 1 qt. mayonnaise | |

Melt together in fondue pot or chafing dish. Dip crackers, potato chips, French bread, etc. into mixture. Delicious.

TUNA CREAM PUFFS

Judy Odell

Mix together:

- | | |
|----------------------------|------------------------------|
| 1 large can tuna (or crab) | Dash of Worcestershire sauce |
| 2 c. celery | Mayonnaise (approx. 1 c.) |

Puffs: Add 1/2 cup butter or margarine to 1 cup boiling water, stir. Add:

- | | |
|------------|---------------|
| 1 c. flour | 1/4 tsp. salt |
|------------|---------------|

Stir until mixture forms soft ball, that doesn't separate.

TUNA CREAM PUFFS (Continued)

Cool slightly and add 4 eggs, beat vigorously. Drop onto greased cookie sheet (use teaspoon for smaller puffs). Bake at 450° for 10 minutes, then 325° for 10 minutes. Slit puffs and stuff with crab or tuna mixture.

CURRIED CRABMEAT SPREAD

Bev Baxter

1/2 lb. crabmeat
1/4 c. mayonnaise
2 Tbsp. sour cream
2 tsp. grated onion

1 Tbsp. minced parsley
1 tsp. curry powder
Salt and pepper to taste

Pick over crabmeat, discarding cartilage. Shred meat, then blend with all ingredients. Taste for seasonings. Serve with crisp crackers or Melba rounds. Yield: 10 servings.

SEVICHE

Tink Mosness

1 1/2 lb. fillet white raw-
fish
1 c. fresh lime juice
2 tomatoes, peeled, seeded
and diced

1/2 c. grated onion
Pepper
1 tsp. salt
1/4 c. olive oil

Dice rawfish and cover with lime juice for at least 2 hours or overnight. Drain. Mix fish with other ingredients. Serve very cold in prechilled cocktail or sherbet glasses. Decorate with parsley.

SMOKED SALMON

Sue Ross

1. Fillet 1 salmon, cut into 2x1 inch pieces. 2. Brine:
Mix:

1 c. sugar
3/4 c. plain salt

1 Tbsp. garlic salt
1 qt. water

3. Soak fish in brine 6 hours. Keep fish in refrigerator while soaking. 4. Rinse fish in cool water, place fish on paper towels, pat dry; and let air dry for 1 hour. 5. Place fish on rack in smoker. 6. Plug in smoker and use 3 pans of alder chips. 7. Cook 10 to 14 hours, depending on size of fish chunks. 8. Do not use metal container for brine or for soaking fish.

PICKLED SALMON

Pansy Bray
Washington Sea Grant
Grays Harbor College

Fillet salmon. Cut into pieces to fit your crock. Place a layer of non-iodized salt in the bottom of the crock. Place a layer of salmon, skin side down, on the salt bed. Sprinkle the salmon with salt. Add another layer of salmon, meat side down. Salt this layer. Add the next layer of salmon, skin side down and salt it. Continue layering salmon, skin side to skin side, meat side to meat side, and salting each layer until salmon is used. Weight the salmon down. It will form its own brine. Store the salted salmon in a cool place for at least 3 days.

Rinse fish under running water for at least 1 hour. Test for saltiness. Continue rinsing until it's right to your taste. Now, skin the salmon and cut it into bite sized pieces.

In quart jars, layer sliced onions, cubed salmon and lemon slices. Add 1 tablespoon whole mixed pickling spices, 1 tablespoon brown sugar and a pinch of crushed red pepper. Cover with a cold brine of 2 cups cider vinegar to 1 cup water. Cover with a tight lid. Shake jars thoroughly. Store in refrigerator or other very cool spot. Shake daily for 10 - 12 days.

SALMON CHEESE PATE

- | | |
|--|-----------------------------------|
| 1 (7 3/4 oz.) can salmon | 1 Tbsp. lemon juice |
| 1 (8 oz.) pkg. cream cheese,
softened at room temperature | 1/2 tsp. anchovy paste (optional) |
| 1/4 c. crumbled Blue cheese | 1/4 tsp. pepper |
| 1 Tbsp. grated onion | 1 tsp. Worcestershire sauce |
| 2 Tbsp. chopped parsley | Dash of garlic powder |
| | Sprigs of parsley (for garnish) |

Drain salmon. Blend cheeses with salmon and seasonings until smooth. Mold in small bowl lined with plastic wrap. Chill several hours. Unmold to serve, garnishing with sprigs of parsley. Serve with crackers, toast rounds or thinly sliced rye bread. Makes about 2 cups pate.

SHRIMP COCKTAIL

- | | |
|-------------------------------------|-----------------------------|
| 3/4 c. chili sauce | 2 tsp. Worcestershire sauce |
| 1/4 c. lemon juice | 4 drops Tabasco sauce |
| 1 Tbsp. horseradish (as
desired) | Dash of salt |
| 1 tsp. minced onion | Shrimp, cooked and cleaned |

SHRIMP COCKTAIL (Continued)

Combine ingredients except shrimp. Chill thoroughly. Spoon sauce into individual cocktail cups over chilled shrimp. Garnish cup by hooking several shrimp over rim of glass. Makes 1 cup sauce.

GOLDEN HALIBUT BITS

Janis Harsila

2 lb. genuine North Pacific
halibut

1 c. dry pancake mix
3/4 c. beer

Cut halibut into 1 1/2 inch pieces. Combine pancake mix with beer, stirring to blend. Dip halibut into batter and deep-fry in hot oil (375°) until golden brown, 4 - 5 minutes. Drain and keep hot in oven while frying remaining halibut. Makes 4-6 servings. Serve with French fried potatoes.

Variation: Substitute beer with 1 cup milk and 1 well beaten egg, or with 3/4 cup buttermilk.

FISH FINGERS

Linda Severn

2 lb. fish fingers
Cracker crumbs

Melted butter (or margarine)
Salt, pepper and paprika

Roll fish fingers in melted butter or margarine, then in cracker crumbs. Arrange fish on greased baking sheet. Sprinkle with salt, pepper and paprika; dot with butter and bake at 400° for 10 - 12 minutes. Serve with tartar sauce. 4 - 6 servings.

TUNA NUGGETS

Linda Martinson

2 (6 1/2 or 7 oz.) cans tuna
1 Tbsp. lemon juice
2 tsp. horseradish

1 (8 oz.) pkg. cream cheese
1/4 tsp. liquid hot pepper
sauce
1 c. chopped parsley

Drain and flake tuna. Cream the cheese, add seasonings and tuna. Mix well, using a tablespoon, shape portions of mixture into small balls. Roll in parsley. Chill. Makes about 40.

GRAV LAX

Helen Wagar

Fillet salmon, leaving skin on. Remove spine. Dry with towel. Rub in coarse pickling salt on meat side. Place bundle of dill weed (whole stalks) between fillets. Fillets are against each other. Wrap and place in cold space with weight over. Wait 1 1/2 - 2 days. It's ready!

GRAVED (BURIED) LAX

Helen Wagar

35 - 50 lb. salmon (the
bigger the fish, longer to
marinate)

2 lb. pickling salt
2 lb. cooking salt
4 oz. sugar

Grind together:

1 oz. mixed spices
1 oz. white pepper
1 oz. dill weed

3 bay leaves
1 tsp. juniper berries

Fillet and wrap in cheesecloth. Put mixture between the fillets, 2 orange and 2 lemon slices. Put 2 slices on mixture. Put wrapped fillet on top. Keep layering. Put in bucket, or crock and weight on top (wood or stone). Leave for 48 hours. Take out of juice. Put fillet in fresh water 5 or 10 minutes. Cut slice off, if too salty, put in more fresh water. Dry fillet, brush with Mazola oil or vegetable oil, slice thin. Spread on horseradish and whip cream or serve with scrambled egg on toast.

ALASKA SALMON NUGGETS

1 (1 lb.) can salmon
1/2 c. mashed potato
1 Tbsp. grated onion
1 Tbsp. butter (or margarine),
melted
1/4 tsp. each salt and celery
salt

Dash of pepper
1 tsp. Worcestershire sauce
1 egg, well beaten
1/4 lb. sharp cheese
1 c. dry bread crumbs

Drain and flake salmon. Combine all ingredients except cheese and crumbs and mix thoroughly. Shape into balls the size of a walnut. Cut cheese into 3/8 inch cube into the center of each fish ball and reshape. Roll in bread crumbs. Fry in deep fat (375°) for 3 - 4 minutes, or until golden brown. Garnish and serve with a toothpick in each as appetizer, either hot or cold. Serves 6.

SMOKED SALMON DIP

Arlene Isaksen

1 pt. cottage cheese
2 (8 oz.) pkg. cream cheese

1 can smoked salmon, drained,
flaked

Combine cottage cheese and cream cheese, blend thoroughly; add a little canned milk to reach desired consistency for dip. Beat in the salmon at high speed with electric mixer. Serve as a dip with crackers or chips.

CUCUMBER CRAB DIP

Linda Martinson

Seed and shred cucumber to make 1 cup. Combine with 1 cup sour cream and 1 cup drained and flaked crab. Season with grated onion, horseradish, salt and lemon juice. Or, substitute dill weed for horseradish. Serve with crackers.

HOT DILLY SALMON DIP

1 (7 3/4 oz.) can salmon
1 (8 oz.) pkg. cream cheese
1/2 c. dairy sour cream
1 (10 1/2 oz.) can cream of
shrimp soup

1/4 tsp. onion salt
1/2 tsp. dry mustard
3 Tbsp. sherry wine
1/2 tsp. dried dill weed

Drain and flake salmon, reserving liquid. Combine salmon liquid with remaining ingredients. Heat over low heat, stirring occasionally, until smooth. Add salmon and heat through. Makes about 3 cups. Serve hot with vegetable dippers or chips.

SMOKED SALMON-CHEESE DIP

1 (8 oz.) can smoked salmon
(1 c. flaked salmon)
1/2 lb. very sharp cheese
spread

Mayonnaise (or salad dressing)
Potato chips (or crackers)

Drain and flake salmon. Beat with rotary beater until salmon is light and fluffy. Add cheese and blend well. For sandwich spread, add mayonnaise until mixture has desired spreading consistency.

For dip, more mayonnaise will be needed. Serve dip in a bowl surrounded with potato chips or crackers. Makes 1 pint of dip.

HALIBUT DIPS

1: To 1 cup of flaked halibut, add:

2/3 c. cocktail sauce (or tomato ketchup)	1 Tbsp. lemon juice
Enough horseradish to taste	Add enough mayonnaise to fill cup

Mix all together.

2: To 1 cup flaked halibut, add:

1 pt. commercial sour cream	1 Tbsp. mayonnaise (or salad dressing)
1 pkg. onion soup	

3:

1 ripe avocado, mashed	1 tsp. grated onion
2 tsp. prepared mustard	Salt, ground pepper
2 Tbsp. sour cream	Worcestershire sauce to taste
Juice of 1 lemon	1 - 1 1/2 c. flaked halibut

Toss lightly. Chill well, dust with paprika. Serve with favorite crackers and potato chips.

SHRIMP DIP

1 pt. commercial sour cream (or substitute)	1/2 tsp. lemon juice
1 tsp. salad seasoning	1 can whole small shrimp (or 1/4 lb. fresh small shrimp)
2 tsp. tomato cocktail sauce	Dash of Tabasco sauce

Blend several hours before serving to bring out the flavor.

CLAM AND CHEESE DIP

1 (7 oz.) can minced clams	3 drops Tabasco sauce
2 (3 oz.) pkg. cream cheese	2 tsp. lemon juice
1/4 tsp. salt	1 tsp. chopped parsley
2 tsp. grated onion	Potato chips
1 tsp. Worcestershire sauce	

Drain clams and save liquor. Soften cheese at room temperature. Combine all ingredients except potato chips and

CLAM AND CHEESE DIP (Continued)

liquor; blend into a paste. Gradually add about 1/4 cup clam liquor and beat until consistency of whipped cream. Chill. Serve in a bowl surrounded by potato chips. Makes about 1 pint dip.

SALMON PARTY BALL

Esther Shulich

1 (1 lb.) can sockeye salmon	1/4 tsp. salt
1 (8 oz.) pkg. cream cheese, softened	1/2 c. chopped walnuts (or pecans)
1 Tbsp. lemon juice	3 Tbsp. snipped parsley
2 tsp. grated onion	1/4 tsp. liquid smoke (op- tional)
1 tsp. prepared horseradish	

Combine salmon, cream cheese, lemon juice, onion, horseradish, salt and mix thoroughly. Chill several hours. Combine nutmeats and parsley. Shape salmon mixture into ball, roll in nut mixture. Chill well. Serve with assorted crackers or fresh raw vegetables.

SALMON GOURMET CHEESE BAR

Eleanor Wittig

1 (8 oz.) pkg. cream cheese	1 (6 oz.) can red salmon
Barbecue sauce	

To serve for tasty and tantalizing party nibbler, place cheese on tray, drain salmon well, cover cheese with salmon and pour on some barbecue sauce. Serve with crackers.

BLACK OLIVE SPREAD

Tink Mosness

1 pkg. Philadelphia cream cheese	2 Tbsp. pimento juice
1/4 c. black olives	2 tsp. fresh lemon (or lime) juice
1/4 c. pimentos, diced	1/2 tsp. Worcestershire sauce
1 small can baby shrimp, drained	

Combine ingredients and chill until serving time, serve with Melba toast, crackers or sesame thins.

HALIBUTEENAS

Janis Harsila

16 hard rolls, split and
hollowed out
3 c. cooked, flaked halibut
1/3 c. grated cheese
1/4 c. ketchup

1/4 c. mayonnaise
1 medium onion, minced
1 small clove garlic, minced
1/2 tsp. Worcestershire
sauce

Mix together all ingredients, add more mayonnaise if mixture is not moist enough. Spoon into hollowed hard rolls. Wrap in aluminum foil. Heat in 275° oven for 20 minutes. These may be made in advance and very ideal for a late snack.

SALMON SANDWICH SPREAD

Janis Harsila

2 c. flaked salmon
1/3 c. mayonnaise
1/3 c. grated carrot

1 1/2 tsp. catsup
1 c. chopped cabbage
Salt to taste

Combine all ingredients except salt. Salt to taste. Chill. Serves 6.

SALMON SANDWICH FILLING

1 c. flaked salmon (canned
or cooked)
1 tsp. lemon juice
1/4 c. crushed, canned pine-
apple, drained

2 Tbsp. finely chopped peanuts
(or other nuts)
2 Tbsp. mayonnaise

Blend all ingredients thoroughly. Makes about 1 cup of filling.

CHEESE TUNA MUFFINS

Evelyn Hansen

1 (6 1/2 to 7 oz.) can tuna,
drained and flaked
1 c. finely shredded Swiss
cheese
1/2 c. Best Foods real mayon-
naise

1 Tbsp. lemon juice
1/4 tsp. Worcestershire sauce
1/8 tsp. Tabasco sauce
6 English muffins, split and
lightly toasted
Paprika

Mix together tuna, 3/4 cup of the cheese, real mayonnaise, lemon juice, Worcestershire sauce and Tabasco sauce. Spread

CHEESE TUNA MUFFINS (Continued)

about 1 1/2 tablespoons filling on each muffin. Sprinkle each with about 2 teaspoons of remaining cheese and paprika. Broil about 3 inches from source of heat 2 to 3 minutes or until cheese is melted and bubbly. Makes 12 muffin halves.

DILLY SALMON SPREAD

Linda Martinson

1 lb. can salmon
1 c. sour cream
3/4 c. chopped French fried
onions
Assorted chips, crackers,
vegetables

2 Tbsp. lemon juice
1 tsp. Worcestershire sauce
1/2 tsp. dill weed
1/4 tsp. salt

Drain and flake salmon. Add sour cream, onion and seasonings. Mix well. Chill. Serve with chips, etc. Makes about 2 1/2 cups of spread.

HALIBUT SANDWICH SPREAD

2 c. poached flaked genuine
North Pacific halibut
2 Tbsp. lemon juice
2 tsp. minced onion
1/2 c. finely chopped celery
3 Tbsp. pickle relish

1 tsp. Worcestershire sauce
1/2 tsp. salt
4 dashes Tabasco sauce
1 tsp. prepared mustard
Mayonnaise (or salad dressing) to moisten

Combine above ingredients. Use as a sandwich filling or as a spread for crackers or canapes. Makes 3 cups sandwich spread.

DANISH SANDWICHES (Yield: 6 sandwiches)

Evelyn Hansen

1 (7 3/4 oz.) can salmon
2 Tbsp. chopped celery
2 Tbsp. chopped green onion
2 Tbsp. mayonnaise
2 tsp. lemon juice
Dash of salt and pepper
1/4 tsp. dill weed

6 slices whole wheat bread
Butter
Bibb lettuce
Thinly sliced cucumber
Thinly sliced radishes
Parsley sprigs

1. Drain and flake salmon. Combine salmon, celery,

DANISH SANDWICHES (Continued)

green onion, mayonnaise, lemon juice, salt, pepper and dill weed. 2. Trim crusts from bread. Spread with butter. Place a leaf of lettuce on each slice. Overlap cucumber and radishes slices on each sandwich. 3. Mound salmon mixture in center. Garnish with parsley sprigs.

CRAB DIXIE STYLE

Loella Dyrness

2 (6 oz.) pkg. frozen King
or Snow Crabmeat
1 center slice smoked ham,
about 1/2 inch thick
1/4 c. butter, melted

1 Tbsp. Worcestershire sauce
Dash of pepper
Minced parsley
French bread

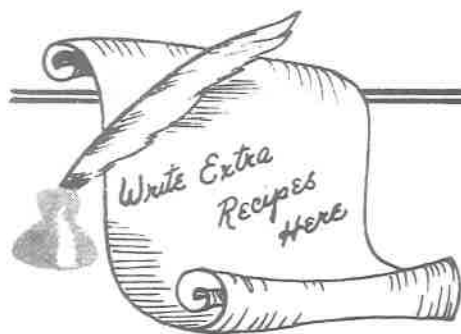
Thaw frozen crabmeat; drain. Remove any remaining shell or cartilage and flake. Cut ham into 6 portions. Place ham in a single layer in a well greased bake-and-serve dish. Broil about 3 inches from source of heat for 4 - 5 minutes or until brown. Remove from broiler. Cover each piece of ham with a serving of crabmeat. Combine butter and seasonings and pour over crabmeat. Broil about 4 inches from source of heat 4 - 5 minutes or until crabmeat is heated through. Sprinkle with minced parsley. Serve with French bread. Serves 6.

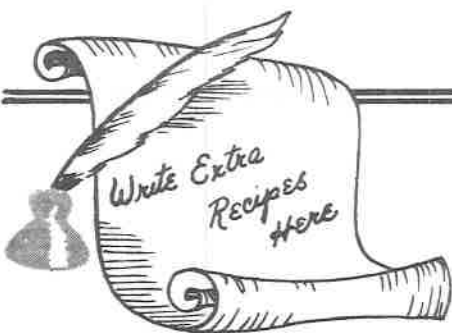
SALMON CLUB SANDWICHES

1 lb. can salmon
2 Tbsp. celery, chopped
2 Tbsp. sweet pickle, chopped
2 Tbsp. onion, chopped

1/2 c. mayonnaise (or salad
dressing)
18 slices buttered bread
4 tomatoes, sliced
12 lettuce leaves

Drain and flake salmon. Combine with celery, sweet pickle, onion and mayonnaise. Spread six slices of bread with fish mixture, cover each with a second slice of bread and place tomatoes and lettuce on each, cover with remaining six slices of bread. Fasten with toothpicks, cut into quarters. Serves 6.





Soups & Chowders



Koulter



SOUPS AND CHOWDERS

SALMON CHEESE SOUP

- | | |
|---|--------------------------------|
| 1 (1 lb.) can salmon | 1 vegetable bouillon cube |
| 1 (10 oz.) can frozen cream
of potato soup | 1 c. grated cheese (processed) |
| 3 1/2 c. salmon liquid and
milk | 1 tsp. caraway seed |
| | Dash of pepper |
| | Chopped parsley |

Drain salmon, reserving liquid. Break salmon into large pieces. Combine soup, salmon liquid and milk, add bouillon cube, heat until soup is thawed, stirring occasionally. Add cheese, caraway seed, pepper and salmon. Heat until cheese melts, stirring occasionally. Sprinkle with parsley. Serves 6 for a tasty, hearty meal.

HALIBUT CHOWDER

- | | |
|--|----------------------|
| 1 lb. genuine North Pacific
halibut | 2 c. water |
| 4 slices bacon, diced | 2 c. diced potatoes |
| 1 medium onion, chopped | 1/2 c. sliced celery |
| 1/4 c. chopped green pepper | 1 1/2 tsp. salt |
| 1 clove garlic, minced | 1/8 tsp. pepper |
| 1 (1 lb. 12 oz.) can tomatoes | 1/4 tsp. thyme |
| | 12 bay leaf, crushed |

Cut halibut into 1 1/2 inch pieces. Fry bacon until partially cooked. Add onion, green pepper and garlic, saute until transparent. Add tomatoes, water, potatoes, celery and seasonings. Cover and simmer about 20 minutes. Add halibut and simmer 10 minutes longer, or until halibut is tender. Makes 6 servings.

QUICK CLAM CHOWDER

Bev Baxter

- | | |
|--------------------------|-------------------------------------|
| 3 medium potatoes, diced | 2 cans minced (or chopped)
clams |
| 1 large onion, chopped | |
| 1 pt. half & half | |

Drain clams, using the juice to cook potatoes and onion. When done, add clams and half and half. Add dab of butter and serve.

SATURDAY NIGHT SALMON TUREEN SOUP

- | | |
|--|--|
| 1 (8 oz.) can salmon, bones,
skin removed, flaked | 3 medium potatoes, peeled
and cubed |
| 1 (8 oz.) can small shrimp | 2 c. water |
| 1 (8 oz.) can minced clams | 2 c. canned tomatoes |
| 4 slices bacon, diced and
fried until crisp | 1/2 tsp. thyme |
| 1 medium onion | 1 bay leaf |
| 2 stalks celery, cut fine | 1/4 tsp. pepper |
| 1/2 c. green pepper, cut fine | 1 1/2 tsp. salt |
| | 1/4 c. chopped parsley |

Add onion to fried bacon, add celery, green pepper and cook slowly until almost tender, in a small amount of the bacon grease. Add potatoes and water, cook 10 - 15 minutes more. Stir in tomatoes, seasonings, canned shrimp and canned clams-simmer to blend flavors.

Remove bay leaf, stir in chopped parsley, place in tureen or serve in large kettle placed on tray surrounded with thick slices of garlic bread.

OYSTER STEW

- | | |
|-----------------------|------------------------------|
| 1 pt. fresh oysters | Dash of pepper |
| 1 can evaporated milk | 1 Tbsp. Worcestershire sauce |
| 1 can water | Paprika |
| 1 tsp. salt | 2 Tbsp. butter |

Cook oysters in oyster liquor until edges curl, for about 3 minutes. Add milk and heat to the boiling point, but do not boil. Add Worcestershire sauce, then remove from heat. Add butter and garnish with paprika. Serves 6.

KALAMOJAKKA (Finnish Salmon Chowder)

Irene Harsila

- | | |
|--|---|
| 5 - 6 medium potatoes, diced
in cubes | 1 (13 oz.) can evaporated milk |
| 1 small onion, diced | 8 - 10 whole allspice |
| 2 stalks celery, diced | Seasoning salt, dried dill |
| 3 - 4 medium salmon steak,
cut into 1 inch pieces | weed and parsley may be
added if desired |

Cook celery, onions, parsley, allspice 10 minutes. Add potatoes and water to cover potatoes. Add salt and pepper,

KALAMOJAKKA (Continued)

other spices as desired. Diced carrots may also be added. Place salmon on top of potatoes. Sprinkle some salt on top. Cook potatoes until tender and salmon done - about 15 - 20 minutes. Heat evaporated milk, pour over ingredients in pan, dot with butter. Stir gently to mix.

SALMON AND CORN CHOWDER

1 (8 oz.) can salmon	3 c. milk
1 c. salmon liquid and water	2 Tbsp. flour
3 slices bacon, chopped	1 Tbsp. butter (or margarine)
1 c. chopped onion	1 tsp. celery salt
2 c. diced raw potatoes	1 tsp. salt
1 1/2 c. drained whole kernel corn	Dash of pepper
	1/2 c. coarse cracker crumbs

Drain salmon, remove skin and bones, flake. Add water to salmon liquid to make 1 cup. Fry bacon until crisp, add onion and cook until tender, with potatoes. Add corn and milk, blend flour and butter and stir into chowder. Cook slowly until mixture thickens. Add seasonings and salmon. Simmer 5 minutes. Serve hot and top with cracker crumbs. Makes 6 servings.

NEW ENGLAND FISH CHOWDER

1 lb. fish fillets (or steaks) (fresh or frozen)	1 1/2 c. boiling water
2 Tbsp. chopped bacon (or salt pork)	1 tsp. salt
1/2 c. chopped onion	Dash of pepper
2 1/2 c. diced potatoes	2 c. milk
	1 Tbsp. butter
	Chopped parsley

Thaw frozen fish. Remove skin and bones from fish. Cut fish into 1 inch pieces. Fry bacon until crisp. Add onion and cook until tender. Add potatoes, water, seasonings and fish. Cover and simmer for 15 - 20 minutes or until potatoes are tender. Add milk and butter. Heat. Sprinkle with parsley. Makes 6 servings.

MANHATTAN CLAM CHOWDER

Evelyn Hansen

4 slices bacon, diced	2 tsp. salt
1 c. sliced onion	1/4 tsp. black pepper
1 c. diced celery	1 bay leaf
1/2 c. diced green pepper	1 1/2 tsp. dried thyme leaves
1 (1 lb. 12 oz.) can tomatoes, undrained	3 c. diced potatoes
3 (8 oz.) cans minced clams	2 Tbsp. chopped parsley

1. In 6 quart Dutch oven or kettle, sauté diced bacon until it is almost crisp. 2. Add onion, celery and green pepper; cook vegetables over low heat and stirring occasionally, 5 minutes. 3. Add tomatoes to vegetables in kettle. 4. Drain clams, reserving liquid; set clams aside. Add water to clam liquid to make 1 quart. Pour into kettle. Add salt, pepper, bay leaf and thyme. Bring to boiling; reduce heat; simmer chowder, covered, 45 minutes. 5. Add potato; cover and cook 20 minutes. 6. Add reserved clams; simmer, uncovered, 15 minutes. Add chopped parsley. Serve hot, with crackers if desired.

MANHATTAN FISH CHOWDER

Janis Harsila

1 lb. fish fillets or steaks	1/2 c. chopped celery
1/4 c. chopped bacon (or salt pork)	1/4 c. catsup
1/2 c. chopped onion	1 Tbsp. Worcestershire sauce
2 c. boiling water	1 tsp. salt
1 (16 oz.) can tomatoes	1/4 tsp. pepper
1 c. diced potatoes	1/4 tsp. thyme
1/2 c. diced carrots	Chopped parsley

Remove skin and bones from fish. Cut fish into 1 inch pieces. Fry bacon until crisp. Add onion and cook until tender. Add water, tomatoes, potatoes, carrots, celery, catsup and seasonings. Cover and simmer for 40 - 45 minutes or until vegetables are tender. Add fish. Cover and simmer about 10 minutes longer or until fish flakes easily when tested easily when tested with a fork. Sprinkle with parsley. Makes 6 servings.

BASQUE FISH SOUP

Helen Wagar

1 large onion, chopped (1 c.)	1/2 c. dry white wine
1/2 c. chopped celery with leaves	1/2 c. minced parsley
1 large clove garlic, crushed	1 tsp. salt
2 Tbsp. butter	1/4 tsp. pepper and thyme
2 (16 oz.) cans tomatoes, cut up	1 (1 lb.) pkg. frozen fish fillets, thawed, cut in 1 inch chunks

Saute onion, celery, garlic in butter until tender. Stir in tomatoes, wine, parsley, salt, pepper and thyme. Cover and simmer 30 minutes. At this point, refrigerate or freeze, *if desired or add fish and simmer 7 - 10 minutes or until fish is opaque and flakes easily with fork. Serves 4 - 6.

*To reheat, cover and simmer 10 minutes or until hot. Add fish and cook as specified.

BOUILLABAISSE (Mediterranean Fish Chowder)

Tink Mosness

Soup base:

1 1/2 c. sliced onions	1/2 c. olive oil
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Cook slowly for 5 minutes, add:

2 or 3 c. chopped tomatoes	4 cloves mashed garlic
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Cook 5 minutes more. Add:

2 1/2 qt. water	1/8 tsp. pepper
6 sprigs parsley	1 tsp. salt
1 bay leaf	3 - 4 lb. fish heads, bones and trimmings including shellfish shells (or 1 qt. clam juice and 1 1/2 qt. water)
1/2 tsp. thyme (or basil)	
2 pinches of saffron	

Boil together 40 minutes, slowly. Twenty minutes before serving, strain, add 6 to 8 pounds assorted lean fish - shellfish - crabs - clams, etc. Bring to boil again for 5 minutes. Serve immediately from preheated soup tureen - or serve from big cooker into flat bowls that each have slice of French bread in it.

CIOPPINO SALMON

Paula Chuka

(Serve with crusty French bread)

- | | |
|--|--------------------------------------|
| 2 to 3 lb. salmon, cut in large chunks | 1/2 of 1 lb. can whole pack tomatoes |
| 4 Tbsp. olive oil | 2 Tbsp. wine vinegar |
| 1 large onion, thinly sliced | 1/4 c. red wine (not too dry) |
| Several sprigs parsley, chopped | Salt and pepper to taste |

Place all ingredients in a large heavy kettle - simmer on low heat about 1 hour or until fish flakes away from bone.

PUGET SOUND - STYLE CIOPPINO

Paula Chuka

- | | |
|--|--|
| 1/4 c. butter (or margarine) | 1 1/2 c. dry white wine (or 1 c. water and 1/3 c. lemon juice) |
| 2 medium sized onions, chopped | 1 bay leaf |
| 2 cloves garlic, minced or pressed | 1/2 tsp. each thyme and rosemary leaves |
| 1/3 c. chopped parsley (optional) | 1 doz. fresh clams in shells |
| 2 (14 oz.) cans regular strength chicken broth | 2 lb. thick salmon fillets, skinned |
| 1 c. water | 1 or 2 large Dungeness crabs (about 2 lb. size), cleaned and cracked |

In a large kettle (at least 6 quarts), melt the butter over medium heat. Add the onion, garlic and parsley (if used) and cook, stirring often, until onion is soft. Add the broth, water, wine, bay leaf, thyme and rosemary. Cover and simmer about 15 minutes. (Cool, cover and chill if made ahead.) Meanwhile, scrub clams to remove sand. Also cut salmon into 1 1/2 inch chunks. Reheat broth to simmering if made ahead. Add the crab, clams and salmon to the broth. Cover and simmer gently for about 15 minutes or until clams open and salmon flakes easily with a fork. Ladle broth and some of each seafood into large soup bowls or soup plate. Makes about 6 servings.

LOS ANGELES - STYLE CIOPPINO

Paula Chuka

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|--|--|
| 2 Tbsp. butter (or margarine) | 1/2 tsp. thyme leaves |
| 1 medium sized onion, chopped | 1 1/2 lb. thick boneless fillets of lingcod (or rockfish) |
| 3 cloves garlic, minced or pressed | 2 or 3 spiny Pacific rock lobsters (split and cleaned) or 4 or 6 thawed frozen lobster tails; or 3 or 4 large rock crabs (about 1 1/2 lb. each), cleaned and cracked |
| 2 (14 oz.) cans regular strength chicken broth | 2 medium sized tomatoes, diced |
| 1 c. water | |
| 1 1/2 c. dry white wine (or 1 c. water and 1/3 c. lemon juice) | |
| 1 bay leaf | |
| 1/2 c. chopped parsley | |

In a large kettle (at least 6 quarts), melt the butter over medium heat. Add the onion and garlic and cook, stirring often, until onion is soft. Stir in the broth, water, wine, bay and thyme. Cover and simmer for 15 minutes. (Cool, cover and chill if made ahead.) Also cut lingcod into 1 1/2 inch chunks; set aside.

Reheat broth to simmering if made ahead. Add the lobster (or crab) and the lingcod; cover and simmer gently until lingcod flakes easily with a fork, about 10 minutes. To serve, ladle broth, a lobster half (or pieces of crab) and lingcod chunks into bowls. Pass tomato and parsley. Provide forks to remove lobster meat from shells, then cut in pieces with knife and fork. Serves 4 to 6.

SAN FRANCISCO - STYLE CIOPPINO

Paula Chuka

- | | |
|--|---|
| 1/4 c. olive oil (or salad oil) | 1 c. dry red (or white) wine (or 3/4 c. water and 1/4 c. lemon juice) |
| 1 large onion, chopped | 1 tsp. dry basil |
| 2 cloves garlic, minced or pressed | 1/2 tsp. oregano leaves |
| 1 large green pepper, seeded and chopped | 1 doz. fresh clams in shells |
| 1/3 c. chopped parsley | 1 lb. medium sized raw shrimp (about 30 count) |
| 1 (15 oz.) can tomato sauce | 2 large Dungeness crabs (about 2 lb. each), cleaned and cracked |
| 1 (1 lb. 12 oz.) can tomatoes | |
| 1 bay leaf | |

In a large kettle (at least 6 quarts), heat the oil over medium heat. Add the onion, garlic, green pepper and parsley; cook, stirring often, until onion is soft. Stir in the tomato sauce, tomatoes and their liquid (break up tomatoes with a spoon), the

SAN FRANCISCO - STYLE CIOPPINO (Continued)

wine, bay, basil and oregano. Cover and simmer about 20 minutes or until slightly thickened. (Cool, cover and chill if made ahead.)

Meanwhile, scrub the clams to remove any sand. Shell and devein the shrimp. Reheat broth to simmering if made ahead. Add the clams, shrimp and crab. Cover and simmer gently about 20 minutes or until clams pop open and shrimp turn pink. Ladle broth and some of each shellfish into large soup bowls or soup plates. Makes about 6 servings.

SALMON BISQUE

- | | |
|---------------------------------------|--|
| 2 c. flaked salmon (canned or cooked) | 3 Tbsp. flour |
| 1/4 c. melted butter (or margarine) | 3 c. milk (canned salmon liquid may be included) |
| 1/4 c. chopped celery | 1 c. tomato juice |
| 1/4 c. chopped onion | 1 1/2 tsp. salt |
| | 1 Tbsp. chopped parsley (if desired) |

Coarsely flake the salmon. Place butter, celery and onion in a pan over low heat. Cook until tender. Stir in flour and gradually add milk. Cook and stir over low heat until slightly thickened. Blend in the tomato juice. Add salt and the salmon. Heat thoroughly, but do not boil. Serve piping hot with crackers. Serves 6.

LOW FAT FISH CHOWDER

Helen Wagar

- | | |
|---|--|
| 1 lb. fillet of haddock, halibut or cod | 1 1/2 c. instant non-fat dry milk solids |
| 1 1/2 c. diced raw potatoes | 2 Tbsp. margarine |
| 1 c. chopped celery | 3 Tbsp. flour |
| 1/2 c. chopped onion | 2 tsp. salt |
| 1 bay leaf | Generous dash white pepper |
| 4 c. water | Chopped parsley |

In a large saucepan, combine fish, potatoes, celery, onion, bay leaf and water. Simmer 15 minutes or until potatoes are fork-tender. Flake fish with fork into bite sized pieces. Remove bay leaf. Strain mixture, saving liquid. Stir non-fat dry milk solids into liquid. Melt margarine in a large saucepan. Blend in flour, salt and pepper. Gradually blend in reserved

LOW FAT FISH CHOWDER (Continued)

liquid mixture. Cook over medium heat, stirring constantly until mixture comes to a boil. Add strained fish mixture; heat through. Serve hot garnished with parsley. Yield: 7 servings.

SEA SOUP

Linda Severn

- | | |
|--|--|
| 1 Tbsp. olive oil | 1 (2 inch) piece orange peel |
| 1 c. chopped onion | 1/4 tsp. dried thyme leaves |
| 1 tsp. minced garlic | 1/8 tsp. pepper |
| 1 (8 oz.) can tomatoes,
drained, reserve liquid | 1/2 c. chopped fresh parsley |
| 1 (8 oz.) can clam juice | 1 lb. fish fillets (thaw if
frozen and cut into 2 inch
chunks) |
| 1 (8 oz.) can minced clams,
drained, reserve liquid | |

In a medium saucepan, cook onion 5 minutes until tender. Add garlic, tomatoes and cook about 5 minutes longer, breaking tomatoes up. Add clam juice, tomato juice, orange peel, thyme, pepper and 1/4 cup parsley. Bring mixture to a boil and simmer 15 minutes. Increase heat and when mixture is boiling, add clams and fish. Cook 5 minutes or until fish flakes easily. Sprinkle soup with remaining parsley. 4 servings.

SALMON CHOWDER (Yield: 4 - 6 servings)

Evelyn Hansen

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|--|---------------------------------------|
| 1 (7 3/4 oz.) can salmon | 2 c. chicken broth |
| 1 clove garlic, minced | 1 tsp. salt |
| 1/2 c. chopped onion | 1/2 tsp. pepper |
| 1/2 c. chopped celery | 1/2 tsp. thyme |
| 1/2 c. chopped green pepper | 1/2 c. frozen peas |
| 3 Tbsp. butter (or bacon)
drippings | 1 (8 3/4 oz.) can cream style
corn |
| 1 c. diced potatoes | 1 (13 oz.) can evaporated milk |
| 1 c. diced carrots | Minced parsley |

1. Drain and flake salmon, reserving liquid. Saute garlic, onion, celery and green pepper in butter or bacon drippings. Add potatoes, carrots, reserved salmon liquid, chicken broth and seasonings. 2. Cover and simmer 20 minutes or until vegetables are nearly tender. Add peas and cook 5 minutes. Add flaked salmon, corn and evaporated milk. Heat through. Sprinkle with minced parsley.

SMOKED SALMON POTATO SOUP

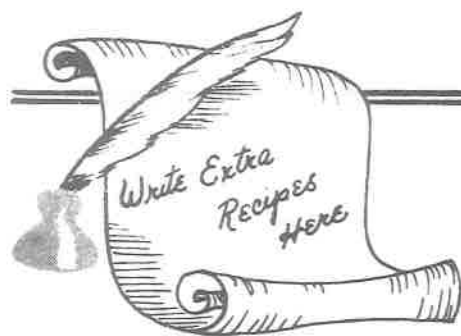
Sue Ross

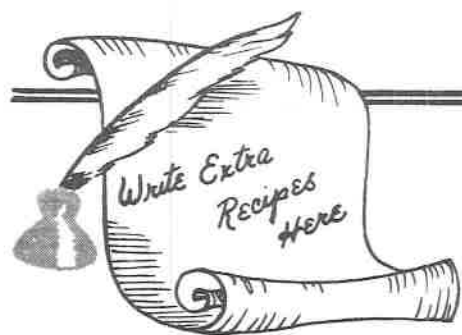
3 Tbsp. margarine
4 Tbsp. flour
1/2 tsp. salt

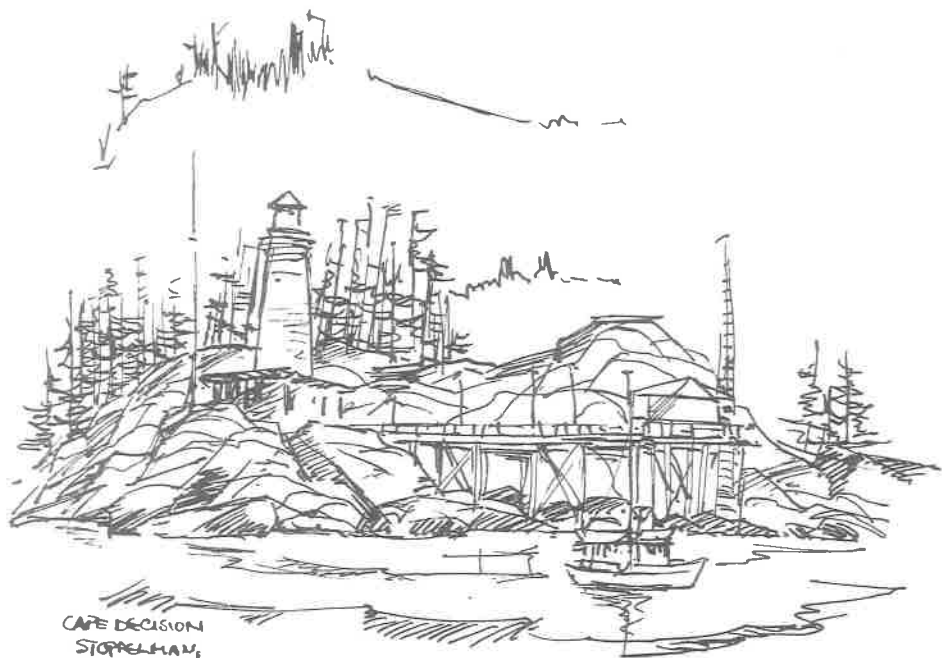
1/8 tsp. pepper
2 c. hot milk

1. Melt margarine in saucepan. Stir in flour, salt and pepper. Add milk. Cook, stirring until thickened and smooth.
2. To this foundation sauce, add 2 cups cooked potatoes, 1 cup potato water and 1 tablespoon grated onion, 1 cup smoked salmon; heat; season to taste. Serves 4.

** EXTRA RECIPES **







CAPE DECISION
STOPPELMAN,

Salads



KETCHIKAN WHARF
STOPPELMAN,



SALADS

SALMON POTATO BUFFET SALAD

Washington Sea Grant

1 lb. can salmon
6 c. cooked, diced potatoes
1/2 c. chopped green onions
1 c. diced cucumber
1 c. chopped celery
2 Tbsp. minced parsley

1 tsp. dried dill weed (or
sweet basil)
2 c. mayonnaise
2 Tbsp. lemon juice
1 tsp. salt
1/4 tsp. pepper

Drain salmon, save liquid. Flake salmon and mix with first 6 ingredients. Combine last 4 ingredients and salmon liquid. Pour over salmon-potato mixture and mix gently. Serve chilled and garnished with sliced cucumber, cherry tomatoes and sprays of parsley. Serves 8 - 10.

NORTHWEST SALMON LOUIS

1 lb. can salmon
1 head lettuce
2 tomatoes, cut in sixths

Louis dressing
2 hard-cooked egg yolks,
sieved

Drain and flake salmon. Shred lettuce and place in a shallow salad bowl. Arrange salmon over the lettuce. Around the edge, place the tomatoes. Serve with Louis dressing and hard-cooked egg yolk. Serves 6.

APPLE SALMON SALAD

2 c. (1 lb.) canned salmon
1/2 c. thin strips green
pepper
1/2 c. thinly sliced celery
1/2 c. diced tart apples

1/4 c. sliced, blanched al-
monds
1/2 c. mayonnaise
3 Tbsp. catsup
1/4 c. cream, whipped

Combine drained and flaked salmon, green pepper, celery, apples and almonds. Dress with mayonnaise blended with cat-sup and whipped cream and serve with crisp lettuce cups. Serves 4 to 6.

SALMON SALAD BOWL WITH BEANS

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|---|--------------------------|
| 2 c. (1 lb.) canned salmon | 1/4 c. diced sweet onion |
| 2 c. canned green lima beans
(or red kidney beans) | 1 c. mayonnaise |
| 1 c. diced sour (or dill)
pickles | 1/2 c. French dressing |

Have all ingredients well chilled. Flake the salmon. Drain beans and mix with pickles and onion. Heap in center of bowl lined with lettuce. Arrange salmon around edge. Add mayonnaise that has been thinned with French dressing. Serves 6.

HALIBUT OR SALMON MOLDED SALAD

Janis Harsila

- | | |
|--|----------------------------------|
| 2 c. cooked, flaked halibut
or salmon | 4 c. finely chopped green onions |
| 1 1/2 c. boiling water | 2 pkg. lemon jello |
| 1/2 tsp. salt | 1/4 c. vinegar |
| 1 c. diced celery | 1 c. grated carrots |
| 1 c. mayonnaise | 1/4 c. green pepper |
| | Lettuce |

Dissolve jello in boiling water, add vinegar and salt. Chill until almost congealed. Fold in carrot, celery, green pepper, green onion, mayonnaise and fish. Place in fish mold or other type mold. Chill until firm. Unmold on lettuce or other salad greens.

SALMON FRUIT SALAD

- | | |
|---------------------------------|--|
| 1 (1 lb.) can salmon | 1 1/2 c. sliced celery |
| 1 avocado, peeled and
sliced | 1/2 c. toasted, blanched
slivered almonds |
| 1 Tbsp. lemon juice | 1/3 c. mayonnaise (or salad
dressing) |
| 2 c. orange sections | Salad greens |

Drain salmon, break into large pieces. Sprinkle avocado with lemon juice to prevent discoloration. Reserve 6 avocado slices and 6 orange slices for garnish. Cut remaining avocado and orange into 1 inch pieces. Combine all ingredients except salad greens; chill. Shape into a mound on salad greens and garnish with alternate slices of avocado and orange. Serves 6.

SALMON STUFFED TOMATOES

1 c. salmon, flaked	1 Tbsp. finely chopped onion
1/2 c. chopped celery	1 Tbsp. chopped sweet pickle
1/4 c. mayonnaise (or salad dressing)	1 hard-cooked egg, chopped
	6 medium tomatoes

Combine all ingredients except tomatoes. Wash tomatoes, cutting off top, scoop out part of the center. Spoon in salmon filling, piling it high. Serve on a leaf of lettuce. Serves 6. This is a very pretty and tasty salad.

SALMON ASPIC

1 (7 3/4 oz.) can salmon	3 Tbsp. minced onion
1 envelope unflavored gelatin	3 drops hot pepper sauce
1 1/2 c. water	1/8 tsp. pepper
1 chicken bouillon cube	1/2 c. finely diced celery
1/2 tsp. salt	Watercress (garnish)
1/4 c. lemon juice	

Put the gelatin in the water. Bring to a boil and add the chicken bouillon cube. Put in the salt, lemon juice, onion, hot pepper sauce and pepper. Chill the aspic until it begins to set, and add celery and flaked salmon from which all bones and skin have been removed. Transfer mixture to a 4 cup mold or 4 individual molds and chill until set. Unmold on a platter or individual plates and garnish with watercress. This aspic is delicious served with mayonnaise. 4 servings.

SALMON POTATO BUFFET SALAD

1 lb. can salmon	1 tsp. dried dill weed (or sweet basil)
6 c. cooked, diced potatoes	2 c. mayonnaise type dressing
1/2 c. chopped green onions	2 Tbsp. lemon juice
1 c. diced cucumber	1 tsp. salt
1 c. chopped celery	1/4 tsp. pepper
2 Tbsp. minced parsley	

Drain salmon, reserving liquid. Flake salmon and mix with potatoes, green onions, cucumber, celery, parsley and herbs. In small bowl, combine mayonnaise, lemon juice, salt, pepper and reserved salmon liquid. Pour over salmon-potato mixture and mix gently, but well. Pack salad into a 10 cup mold and chill. When ready to serve, unmold on cold serving platter.

SALMON POTATO BUFFET SALAD (Continued)

Garnish with sliced cucumber, cherry tomatoes and sprays of parsley. Serves 10.

This salad may be simply served in a large salad bowl rather than packing it into a mold. If so, line salad bowl with salad greens.

SALMON MACARONI SALAD

8 oz. elbow macaroni	2 tsp. salt
1 small onion, finely chopped	1/4 tsp. pepper
1/4 c. chopped parsley	1/2 tsp. dry mustard
1 cucumber, sliced	2 Tbsp. vinegar
1 lb. can salmon, drained and flaked (or 2 - 1/2 lb. cans)	6 Tbsp. salad oil
	Salad greens

Cook macaroni according to package directions, drain and rinse with cold water. Combine macaroni with remaining ingredients, except salad greens. Line large salad bowl with crisp salad leaves and empty salad into center. Serves 6.

SALMON SALAD SURPRISE

1 hard-cooked egg	1/8 tsp. dry mustard
1/4 c. Wesson oil	2 c. flaked red salmon, drained
1 Tbsp. vinegar	1 c. peas, cooked
1 egg (raw)	1 c. sliced celery
2 Tbsp. chopped parsley	1 medium onion, sliced
1/4 tsp. salt	Salad greens
1/4 tsp. sugar	
Dash of paprika	

Surprise Dressing: Put cooked egg through sieve. Combine with next 8 dressing ingredients, beat with rotary beater. Arrange greens; top with salmon, peas, celery, onion. Toss with dressing. 6 servings.

SALMON AND CABBAGE SALAD

4 c. shredded cabbage	1/2 tsp. dry mustard
2 (1 lb.) cans salmon	1 Tbsp. chopped parsley
3/4 c. mayonnaise (or salad dressing)	1/4 tsp. dried tarragon
	1/2 clove garlic, crushed

SALMON AND CABBAGE SALAD (Continued)

1/2 tsp. dill weed
1 tsp. finely chopped onion
3 eggs, hard-cooked

1 small can chopped black
olives (or 1/2 c. chopped
green olives)
1 tomato, cut in wedges

Shred cabbage. Make dressing by combining the mayonnaise, mustard, seasonings and 2 of the hard-cooked eggs that have been chopped. Blend well. Add the dressing to the cabbage and mix well. Break salmon into pieces but first, remove skin and bones - toss together. Serve in either 1 large bowl lined with lettuce leaves or individual serving bowls.

Garnish with sliced hard-cooked eggs, ripe or green olives and wedges of tomatoes. Serves 6.

SPRING SALAD (Yield: 4 servings)

Evelyn Hansen

1 (15 1/2 oz.) can salmon
1 lb. fresh asparagus (or 1-
8 oz. pkg. fresh)
2 Tbsp. salad oil
1 1/2 Tbsp. lemon juice
1/4 tsp. seasoning salt
Dash of pepper
1/2 c. sour cream
1/4 c. mayonnaise

1/4 tsp. tarragon
Chopped parsley
Salad greens
Tomato wedges
Hard-cooked egg, quartered
Pimento strips
Radish roses
Ripe olives

1. Chill salmon. Cook asparagus in boiling water just until tender crisp. Drain. Combine oil, lemon juice, seasoning salt and pepper. Pour over asparagus. Marinate in refrigerator 1 hour. 2. Drain, reserving marinade. For dressing, combine marinade with sour cream, mayonnaise and tarragon. Place in dish and sprinkle with parsley. 3. Drain salmon and break into chunks with a fork. Arrange salmon and asparagus on platter lined with crisp greens. Garnish with wedges of tomato and egg, pimento strips, radish roses and ripe olives. Serve with additional dressing.

LAYERED SALAD

Tink Mosness

In a 9x13 inch glass pan, place 1 head lettuce (mixture of lettuce and spinach), broken up in bite sized pieces. Sprinkle with salt and pepper, 6 - 8 slices bacon, cooked until crisp and crumbled and placed over lettuce. On top of bacon, layer about

LAYERED SALAD (Continued)

1 cup grated Cheddar cheese. Layer of sliced, 4 hard-boiled eggs. Layer of 1 sliced large sweet onion and separated into rings. Layer of 1 package of thawed frozen green peas, layer of flaked, canned salmon, small size. Layer of mayonnaise and finally a layer of 1/2 to 1 cup grated Swiss cheese. Place in refrigerator and let stand 24 hours before serving.

CRAB LOUIS

1 lb. cooked crabmeat (or 2 -	2 hard-cooked eggs
6 1/2 oz. cans) crab	4 medium sized tomatoes,
4 c. torn lettuce leaves	peeled

Flake crabmeat, leaving the large pieces of leg meat unbroken for garnish. Mound the crabmeat on the lettuce (arrange on salad plates). Quarter the hard-cooked eggs and cut the tomatoes into wedges. Arrange in a circle around the crabmeat. Serve with Louis Dressing. Serves 4.

Louis Dressing:

1/2 c. mayonnaise	2 Tbsp. minced green pepper
2 Tbsp. heavy cream	2 Tbsp. minced onion
2 Tbsp. chili sauce (or catsup)	1 Tbsp. lemon juice
1/2 tsp. Worcestershire sauce	Salt and pepper

Mix all ingredients except salt and pepper, season to taste. Makes 1 cup.

CRAB SALAD

Tink Mosness

Dissolve in 1 cup boiling water:

1 envelope plain gelatin	1 small box lemon jello
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Heat 1 can tomato soup, add above to jello. Beat in 1/2 cup mayonnaise. Add:

1 c. chopped celery	2 chopped, hard-cooked eggs
1 grated onion	1 can crabmeat

Few chopped green onions

Dressing: Add 2 tablespoons milk and 1 tablespoon lemon juice to 1 cup mayonnaise, or add to taste.

BAKED CRAB SALAD

Evelyn M. Hansen

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|---------------------------|-------------------|
| 2 Tbsp. green pepper | Pepper to taste |
| 1 small onion | 1 c. crab |
| 3/4 - 1 c. chopped celery | 1/2 c. shrimp |
| 3/4 c. soft bread crumbs | 1/2 c. mayonnaise |

Mix ingredients, spoon in individual shells or 1 1/2 quart casserole. Bake at 350° for 30 minutes. 4 - 6 servings.

SOUFFLE SALAD

Karen Martinson

Salad:

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| 2 pkg. lemon jello | 2 c. boiling water |
|--------------------|--------------------|

Add water to jello; stir to dissolve. Cool in refrigerator until partially set. Beat until fluffy. Add:

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| 1/2 pt. whipping cream,
beaten stiff | 1/2 c. olives, chopped |
| 1 (3 oz.) pkg. cream cheese,
softened in 1/4 c. milk | 1 c. chopped celery |

Mix well and place in mold.

Topping:

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| 1 1/2 c. mayonnaise | 2 hard-boiled eggs |
| 1/2 c. chili sauce | 1 can chopped shrimp (or
crab) |
| 3 Tbsp. sweet relish | |

Unmold salad onto serving platter, cover with topping.

ORIENTAL SHRIMP SALAD

Paula Chuka

- | | |
|---|---|
| About 1 oz. translucent
Oriental noodles (called
bean threads, yam noodles
or rice sticks), fried
(directions follow) | 1 large carrot, coarsely shred-
ded or cut in matchstick
sized pieces |
| 3 - 4 c. shredded Iceberg
lettuce | 8 oz. cooked and shelled small
shrimp |
| 3 green onions, including
green tops, sliced | About 1/2 c. coarsely chopped
fresh coriander (also called
cilantro or Chinese parsley)
(optional) |

ORIENTAL SHRIMP SALAD (Continued)

Oriental dressing (directions follow) Salt and pepper to taste

Fry the noodles as directed below; set aside to cool. In a large salad bowl, combine lettuce, onion, carrot and shrimp. Pile noodles on top of salad. Sprinkle with coriander, if desired. Mix the dressing, pour it over salad, and mix lightly to blend ingredients together. Season to taste with salt and pepper, if needed; serve immediately. Makes about 6 servings as a first course, 3 or 4 servings as a luncheon main dish.

To fry translucent noodles, pour salad oil 1 inch deep in a wok or Dutch oven. Heat to 375° to 400° on a deep fat frying thermometer. Drop in half of the noodles. As they puff up, immediately push down into the oil with 2 spoons. Turn over entire mass to make sure they are all cooked. As soon as batch of noodles stops crackling, about 1 minute, remove with a wide strainer or slotted spoon and drain on paper towels. Remove all the small pieces so they won't burn while you're frying the second batch.

Oriental Dressing: In a small container, mix 4 tablespoons white wine vinegar (or 2 tablespoons each vinegar and lemon juice), 3 tablespoons sugar, 1 teaspoon each grated lemon peel, soy sauce and sesame oil (or substitute 1 teaspoon each salad oil and toasted sesame seed for the sesame oil).

HOT SEAFOOD SALAD

Elva Beach

6 Tbsp. green pepper, chopped	1 c. crabmeat
3 Tbsp. onion, chopped	1 c. shrimp
1 c. celery, chopped	1/2 tsp. salt
1 c. mayonnaise	1/2 tsp. pepper
	1/2 tsp. Worcestershire sauce

Mix above ingredients and put in well greased 8 inch square pan or individual ramekins. Top with 3/4 cup crushed potato chips, bake at 350° for 25 - 30 minutes. Serves 6 - 8.

FROZEN TUNA AND PINEAPPLE SALAD

Betty Munson

1 can tuna (chunk)	1 c. chopped pecans
3/4 c. drained, crushed pineapple	1 c. whipping cream
	1 c. mayonnaise

FROZEN TUNA AND PINEAPPLE SALAD (Continued)

Toss tuna, pineapple and nuts. Blend whipped cream and mayonnaise together and fold into tuna mixture. Freeze until firm.

HOT TUNA SALAD

Evelyn Hansen

1 small can tuna (or chicken)
3/4 c. mayonnaise
1 can cream of mushroom
(or chicken) soup
1/2 onion

Celery and green pepper
3 hard-boiled eggs, sliced
1 small can mushrooms
1 1/2 bags potato chips

Bake 25 minutes at 350°.

** EXTRA RECIPES **

** EXTRA RECIPES **



Odell

ICEBERG POINT

Entrées

(SALMON, BOTTOMFISH, TUNA, SHELLFISH)



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ENTRÉES
SALMON, BOTTOMFISH, TUNA AND SHELLFISH

FRIED SALMON STEAKS

Cut steaks 1 inch thick. Season lightly with salt and pepper. Heat pan and melt fat until it sizzles, but has not turned brown. Fry steaks until brown on both sides (8 - 10 minutes) on each side. Do not overcook. Garnish with lemon and/or parsley and serve.

BROILED SALMON

Split half or whole salmon open along the backbone exposing bones so it lies flat. Cut out backbone. Line a pan with foil, then place fish on foil. Salt and pepper fish moderately and baste with following sauce:

1 bottle catsup
1/2 bottle Worcestershire
sauce

1/2 lb. garlic butter

Melt butter and mix, using as much sauce as desired, or:

1/2 bottle catsup
1/2 lb. butter

Juice of 1 lemon

Place the broiler pan 4 inches from the heat. Broil approximately 20 minutes (10 minutes for 1 inch slab). Do not turn fish. Flesh will peel away from skin when served. Garnish with parsley and lemon wedges.

CRISPY BROILED SALMON

2 lb. salmon steaks
1/2 c. butter (or margarine),
melted
1/4 c. lemon juice
1 tsp. salt

1 clove garlic, crushed
Dash of paprika
1 c. crushed potato chips
1/2 c. crushed saltines
Lemon wedges

Cut steaks into serving size portions and place in a shallow baking dish. Combine butter, lemon juice, salt, garlic and paprika. Pour sauce over fish and let stand for 30 minutes, turning once. Combine crushed chips and saltines. Remove fish,

CRISPY BROILED SALMON (Continued)

reserve sauce for basting. Roll fish in crumb mixture. Place fish on a well greased broiler pan. Drizzle sauce over fish. Broil about 5 inches from source of heat for 4 - 6 minutes or until brown. Turn carefully and broil 4 to 6 minutes longer or until brown and fish flakes easily when tested with a fork. Serve with lemon wedges. Serves 6.

BARBEQUED SALMON

Lori Coulter

Remove head and tail from clean salmon. Leave as roast or cut into steaks. Split salmon down middle. Smear generously on both sides with softened butter, lemon juice, salt and pepper, and a dash of onion salt. Cook slowly on top rack over hot coals (about 10 minutes each side). Do not overcook. Barbeque sauce may be brushed on the last 2 - 3 minutes on each side if desired.

Hint: If you place foil lightly over top of salmon during cooking, fish will be extra moist.

MUSTARD BROILED SALMON STEAKS

6 salmon steaks	1/3 c. prepared mustard
1/3 c. soft butter	Salt

Brush salmon steaks with butter, spread top with thin smooth coating of mustard, place about 3 inches from broiler heat. Broil 3 minutes, turn, brush second side with mustard, broil 5 minutes.

SALMON IN DILL

1 salmon steak (2 lb.)	1/3 c. dry white wine
1/4 c. butter (or margarine)	1 Tbsp. lemon juice
1/3 c. minced fresh dill	1 Tbsp. flour
1/4 tsp. salt	1 c. light cream
1/2 c. water	

Wipe salmon with damp cloth and cut into 1 inch cubes. Melt 2 tablespoons of the butter. Add salmon, sprinkle with dill and salt. Add water and lemon juice. Simmer 15 minutes, stirring gently once or twice. Melt remaining butter, add flour and stir to a smooth paste. Gradually add cream and cook over

SALMON IN DILL (Continued)

low heat until smooth and slightly thickened, stirring constantly. Add to fish and heat through, but do not boil. Serve at once. Serves 6.

BARBECUED FILET OF SALMON

Paula Chuka

Split either whole or half salmon and bone it. Grease barbecue racks or baskets well, secure salmon in baskets. Grill over hot alder coals about 10 - 12 inches away to insure cooking and keep from burning skin of fish. Baste near end of cooking with 1/2 cup butter, melted; 2 tablespoons brown sugar and 2 tablespoons lemon juice.

BAKED SALMON

Split a 4 - 5 pound piece of salmon and stuff with thinly sliced onion, tomato, pepper and a few sprigs of parsley. Salt and pepper lightly and add a touch of tarragon. Place 1 large or 2 small cucumbers, sliced in medium slices atop the salmon skin. Add a little chopped garlic and fresh dill. Lay bacon strips across the top and bake in a 350° oven for about 55 minutes or until the salmon flakes easily when tested with a fork. Serve with tiny new potatoes and tiny French peas.

SALMON STUFFED PEPPERS

3 large Bell peppers	Salt and pepper to taste
1 c. canned or leftover cooked salmon	2 Tbsp. chili sauce
1 c. medium thick white sauce	1 hard-cooked egg
	Buttered crumbs

Parboil peppers, after first cutting them in two lengthwise and removing seeds and membranes. Flake salmon, remove bones and skin and mix with cream sauce, seasoning, and chopped egg. Fill the pepper halves, covered with buttered bread crumbs, place in oiled pan, pour a little hot water in bottom of the pan and bake in a moderate oven for (350°) 30 minutes.

BAKED STUFFED SALMON

2 thin salmon steaks

Salt and pepper

Oyster Stuffing:

2 Tbsp. margarine (or butter)

1/4 c. chopped onion

1/4 c. chopped celery

2 1/2 c. dry bread crumbs

1/4 tsp. salt

Dash of pepper

Dash of poultry seasoning

1 pt. oysters, cut into
small pieces

Place salmon steak in greased shallow baking dish. Spread oyster stuffing evenly over steak, top with second steak, fasten with toothpick. Bake in 350° oven for 40 minutes or until fish flakes easily when pierced with a fork.

ROAST SALMON WITH RICE DRESSING

Helen Wagar

Procure a fish weighing about 3 pounds. Wash and wipe dry and with a sharp knife remove bones. Fill with the following dressing: Cook 1/3 cup rice 15 minutes, add:

1 tsp. salt

1 Tbsp. butter

1 Tbsp. chopped parsley

After stuffing and tying, place strips of bacon over fish and place in hot oven, allowing the heat to moderate. Cook 15 minutes to each inch in thickness after it is well heated through. Place on hot platter, garnish with parsley or slices of lemon and serve with the following sauce:

1 Tbsp. butter, melted in
saucepan

1 Tbsp. flour, stirred
in butter

1 Tbsp. lemon juice

Yolk of egg

1 c. hot water

Add another spoon of butter

Dash of cayenne pepper and
white pepper, salt

A hard-boiled egg chopped fine may be added if liked.

BAKED WHOLE SALMON

Helen Wagar

Put in oven 20 - 30 minutes at 350°. Peel off top skin easily. Top with sauce and bake about an hour.

Barbecue Sauce:

1/2 c. catsup	1/4 c. Worcestershire sauce
1/2 c. coffee (optional)	2 Tbsp. vinegar
1/2 tsp. salt	1/4 c. sugar
Dash of pepper	1 Tbsp. grated onion

Simmer 15 - 20 minutes.

BAKED SALMON WITH CUCUMBER SAUCE

Linda Martinson

1 lb. salmon steaks (or fillets)	2 green onions, sliced
1/2 tsp. salt	1 Tbsp. minced parsley
1/8 tsp. pepper	6 lemon slices
	1/4 c. water

Arrange fillets in 9x13 inch baking dish, sprinkle with salt and pepper, green onions and parsley; top with lemon slices. Pour water around fish. Bake in 350° oven for 25 - 30 minutes or until fish flakes easily. Pour off excess juices, serve hot with cucumber sauce. Serves 4.

Cucumber Sauce: Mix:

1/2 c. mayonnaise	1/8 tsp. pepper
1/4 c. sliced green onion	2 tsp. grated lemon peel
1/4 tsp. dill weed	1 medium cucumber, seeded
1/4 tsp. salt	and chopped fine

Chill at least 30 minutes to blend flavors. Makes 1 1/2 cups.

STEAMED SALMON (Moist and delicious)

Lori Coulter

Clean and cut off head of salmon. Put dabs of butter and lemon juice and thin slices of onion and lemon inside salmon. Salt and pepper should be sprinkled inside and out. Wrap loosely in foil. Place on rack in large pot. Put in about 2 - 3 inches of water. Simmer about 6 - 10 minutes per pound (do not over-cook).

BAKED SALMON

Lori Coulter

Use same method as for Steamed Salmon, only bake on rack in shallow baking pan about 10 minutes per pound. (Fish should be wrapped in foil while baking.)

SALMON FRITTERS

Linda Martinson

1 lb. cooked salmon, flaked	1/8 tsp. pepper
3 eggs, separated	1/8 tsp. minced garlic
3 Tbsp. flour	1 tsp. minced parsley
1/2 tsp. salt	

Mash fish, add egg yolks, flour, salt and pepper, garlic and parsley. Fold in whites of eggs, beaten stiff. Drop by tablespoonfuls into deep fat (360° - 370°). Fry until brown. Serves 4.

OVERNIGHT SOUFFLE

Judy Odell

16 slices day old bread	1/2 c. chopped green pepper
2 c. crab, tuna or shrimp (or chicken or turkey)	1/2 lb. sharp Cheddar cheese, grated
1 c. chopped celery	4 eggs
1 c. chopped green onion	3 c. milk
	Mayonnaise

Butter bread and trim slices, place buttered side down in 9x13 inch baking dish, mix crab or other seafood with onion, celery, green pepper. Add salt and pepper, moisten with mayonnaise. Spread over bread on bottom of pan. Mix eggs and milk well, pour over top and refrigerate overnight. Next day, bake at 325° for 30 minutes, spread over top:

1 can cream mushroom soup	1/2 soup can milk
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Mix together. Sprinkle grated cheese on top, bake at 15 minutes longer. Serve.

SALMON STUFFED PEPPERS

Helen Wagar

3 medium green peppers, cut in halves	2 (7 3/4 oz.) cans sockeye salmon
1/4 c. chopped onion	3 hard-cooked eggs
2 cans cream of mushroom soup (or make white sauce and add fresh mushrooms)	Salt and pepper

Remove seed section from cut green peppers.

Microwave: Place pepper halves on a paper towel and cook 6 minutes. Heat up and mix onion, cream of mushroom soup, salmon, eggs, seasonings together in saucepan on top of conventional stove. Stuff pepper halves and place in 2 quart glass utility dish, place waxed paper over dish, cook with Microwave energy 10 minutes.

Conventional: Combine onion, soup, salmon, eggs, seasonings. Stuff pepper halves with mixture. Arrange in greased baking dish containing 1/2 inch hot water. Bake at 350° for 35 - 40 minutes or until peppers are tender. Add more water to dish if necessary.

Serves 6. One can add cooked rice or macaroni to mixture for variation.

SALMON KABOBS

2 lb. salmon	2 tsp. salt
1 c. catsup	8 drops Tabasco sauce
1/4 c. brown sugar	6 Tbsp. salad oil
1/4 c. vinegar	

Cut salmon in 1 inch cubes, mix remaining ingredients, pour over cubed salmon and marinate for 1 1/2 hours. Remove from sauce and place on skewers. Place skewers across baking dish and bake in a moderate oven (375°) for 20 minutes. Baste once during baking with extra sauce. Serves 6.

SALMON CROQUETTES

2 c. salmon, flaked	1 c. coarse cracker crumbs
1 can cream of chicken soup	1 egg, beaten
2 Tbsp. lemon juice	1/4 c. milk
2 Tbsp. finely chopped onion	1 c. fine cracker crumbs
Dash of pepper	

SALMON CROQUETTES (Continued)

Take 1 cup of the chicken soup and fold into salmon with lemon juice, onion, pepper and coarse cracker crumbs. Shape into croquettes of desired size. Add milk to beaten egg. Roll each croquette in the fine crumbs, then in egg mixture and again in the fine crumbs. Fry in hot deep fat (375°) for 3 - 5 minutes until golden brown. Drain well and serve.

SALMON BISCUIT ROLL (Serves 6)

Linda Severn

1/2 c. chopped celery	1 lb. salmon (I use fresh,
1/2 c. chopped green pepper	but canned will do)
1/4 c. minced onion	1 (10 oz.) can cream of chick-
2 Tbsp. butter (or margarine)	en soup
1/2 c. chopped black	2 c. biscuit mix
olives	2/3 c. milk
1 Tbsp. water	1 egg

Saute celery, pepper, onion in margarine. Stir in olives. Drain salmon, reserve liquid, flake and add to vegetables. Stir in 1/4 cup soup, set aside remaining soup for sauce. Combine biscuit mix and milk. Turn onto lightly floured board and knead gently about 12 times. Roll dough into a rectangle, 9x12 inches. Spread dough with vegetable and salmon mixture and roll up lengthwise, like a jelly roll. Transfer to a baking sheet. Brush roll with egg mixture (water and egg). Bake in preheated 400° oven for 25 - 30 minutes. Serve hot with Chicken Lemon Sauce.

Chicken Lemon Sauce: Add enough milk to salmon liquid to make 1/2 cup. Combine with chicken soup. Add 1 tablespoon lemon juice, or to taste. Heat to serving temperature.

SALMON ROLL

1 1/2 c. sifted all-purpose	1/4 c. salad oil
flour	1/2 c. milk
1 1/4 tsp. baking powder	1/2 c. grated cheese
1/2 tsp. salt	1 (10 oz.) can cream of
1 tsp. sugar	celery soup

1. Sift together sifted flour, baking powder, salt and sugar.
2. Mix salad oil with cold milk and add grated cheese. Add to flour mixture all at once.
3. Stir until mixture cleans sides of bowl and rounds up into a ball. Place dough between two sheets

SALMON ROLL (Continued)

of waxed paper, 10x12 inches. Roll until dough reaches all edges. Peel off paper. 4. Spread with Seafood Filling. Roll up as for jelly roll. Bake in preheated 400° oven for 30 minutes or until golden brown. Serve with heated cream of celery soup for sauce.

Seafood Filling:

1 c. cooked salmon (or 1	1/2 tsp. salt
7 oz. can) salmon	1 tsp. grated onion
1/2 c. chopped celery	Pepper
2 hard-cooked eggs, chopped	2 Tbsp. mayonnaise
2 Tbsp. minced parsley	

Combine all ingredients together thoroughly.

CURRIED SALMON LOAF

1 (3 oz.) box lemon flavored gelatin	1/2 medium cucumber, peeled and sliced
1/4 c. lemon juice	1 (1 lb.) can salmon, drained and flaked
1/2 tsp. salt	1/2 c. mayonnaise
2 hard-cooked eggs, sliced	1 tsp. curry powder
1 tsp. finely minced chives	1 tsp. instant minced onion
1 tsp. capers	Salad greens

Dissolve gelatin in 1 1/2 cups hot water. Add lemon juice and salt, chill until slightly thickened. Pour a little of mixture into 9x5x3 inch loaf pan. Arrange egg slices in gelatin and sprinkle with chives and capers. Chill until firm. Add a little more gelatin and cover with a layer of cucumber. Mix remaining ingredients, except greens and spread on cucumbers. Cover with remaining gelatin and chill until firm. Unmold on greens and serve plain. Makes 6 servings.

SALMON LOAF

Loella Dyrness

Grease a 2 quart glass pan. Saute 2 large onions in 1/4 pound margarine until golden. Warm 1 cup milk. In a small bowl, pour milk over 4 slices white bread and let soak. Separate 5 eggs. Beat yolks separately. Beat whites separately. Set aside. Beat 1 large can red salmon with egg yolks with

SALMON LOAF (Continued)

hand mixer. Add soaked bread, onions, 2 grated carrots, 2 stalks grated celery and salt, if necessary. Fold in 1/2 pint soured cream. Fold in egg whites. Add 1 (8 ounce) can peas, drained; and 1/2 can diced mushrooms. Pour into greased pan. Sprinkle with corn flake crumbs and paprika. Bake at 325° for 1 hour.

SALMON ALMONDINE CASSEROLE

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| 1 c. flaked salmon (canned
or cooked) | 2 Tbsp. melted butter (or
margarine) |
| 1 c. cooked rice | 1 (10 oz.) can cream of mush-
room soup |
| 1/4 c. minced onion | 2/3 c. milk |
| 1 Tbsp. green pepper,
chopped | 2 c. potato chips |
| | 1/3 c. blanched, sliced al-
monds |

Mix salmon with rice. Cook onion and green pepper in melted butter over slow heat until tender. Gently fold into salmon mixture. Blend soup with milk. In a greased 1 1/2 quart casserole, place 1/2 of the potato chips and cover with the alternate layers of salmon mix and soup mixture. Top with remaining potato chips. Sprinkle with almonds and bake uncovered in a moderate (350°) oven for about 30 minutes. Serves 4 - 6.

QUICK SALMON DINNER

Evelyn Hansen

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|---|------------------------------|
| 1 pkg. MJB herb and butter
rice | 1 c. dairy sour cream |
| 1 (12 oz.) pkg. frozen
chopped spinach | 1 (7 3/4 oz.) can salmon |
| | 1/2 c. grated Cheddar cheese |

Prepare rice as package directs. Meanwhile, cook spinach according to package directions, drain thoroughly and turn into shallow 1 quart baking dish. Stir 1/2 cup sour cream into hot cooked rice and spoon over spinach. Top with drained, flaked salmon. Cover with remaining sour cream and sprinkle with cheese. Bake in moderate oven (350°) for 10 - 15 minutes, until thoroughly heated. Makes 4 - 6 servings.

SALMON SOUFFLE

1 c. canned (or cooked)
salmon, flaked
2 Tbsp. butter
2 Tbsp. flour
1/2 tsp. salt

1 c. milk (combine with
canned salmon liquid)
1/2 c. mayonnaise
3 eggs, separated

Melt butter in a pan, blend in flour and salt. Add liquid gradually and cook until thickened, stirring constantly. Remove from heat, blend in mayonnaise. Beat egg yolks until light, fold into sauce which has been slightly cooled. Fold in salmon and beaten egg whites (stiff, but not dry). Combine gently, but thoroughly. Pour into an ungreased 1 1/2 quart casserole. Set dish into a shallow pan of hot water in the oven and bake at 350° for 45 minutes. Souffle should be puffed and set. Serve immediately; it will sag if kept waiting. Serves 4 or 5.

PUGET SOUND CASSEROLE

Judy Odell

2 cans shrimp
1 can tuna
3 c. cooked rice (day before)
1 c. green pepper, chopped
1 large (4 oz.) can chopped
mushrooms with liquid
1 can cream of mushroom soup

1 c. milk
1 tsp. salt
1 c. mayonnaise
1 c. chopped celery
1 c. chopped onion
1/4 oz. slivered almonds

Mix all together and let stand overnight, sprinkle with lots of Cheddar cheese and parsley. Bake at 350° for 45 - 60 minutes.

SALMON QUICHE

Virginia Fenswick

Make a single pie shell for a 9 inch pie plate. Mix:

1 c. flour
1/2 c. shortening

1/2 tsp. salt

When crumbly, add 1/4 cup cold water and mix until dough cleans sides of the bowl. Roll out thin and line pie plate with it. Fill shell with following concoction.

Saute 1/2 medium onion in butter. Add salt and pepper, a little finely chopped garlic (or garlic powder) and some chopped parsley. Remove from heat, beat together lightly; 4 eggs, 2 cups milk (best if one cup is evaporated milk or cream,

SALMON QUICHE (Continued)

or add 1/2 cup dry milk if you don't have either of these on hand). Crumple up 1/2 pint or so canned salmon and mix with onion mixture, then add it all to eggs and milk. Grate about 1 cup cheese and add to mixture, pour into pie shell. Bake at 350° for 20 - 30 minutes.

SALMON PIE

Evelyn Hansen

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|--|-------------------------------|
| 1 envelope unflavored gelatin | 1/4 c. chopped parsley |
| 1 1/4 c. water | 2 Tbsp. chopped capers |
| 2 (7 3/4 oz.) cans salmon, cleaned, drained and flaked | 2 Tbsp. lemon juice |
| 3/4 c. chopped celery | 1 tsp. grated lemon peel |
| 1/2 c. Best Foods real mayonnaise | 1 tsp. grated onion |
| | 1 tsp. celery seed |
| | 1 baked (9 inch) pastry shell |

Sprinkle gelatin over water; heat, stirring until dissolved. Chill until slightly thickened. Combine with next 9 ingredients. Turn into pastry shell, chill until set. Serves 6 - 8.

SALMON PIE

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|--|---------------------------------|
| 2 c. salmon, flaked (canned or cooked) | 1/4 tsp. salt |
| 1 c. milk (use salmon liquid from canned salmon) | 1/2 Tbsp. chopped parsley |
| 1/2 c. soft bread crumbs | 1 tsp. lemon juice |
| 1 tsp. grated onion | 1/2 tsp. garlic salt (optional) |
| | 2 eggs, slightly beaten |

Combine all ingredients in order given. Stir well, pour into a greased 8 inch pie pan and bake in a moderate oven (350°) for 45 minutes. Serves 6.

DEEP DISH SALMON PIE

Loella Dyrness

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|---|---|
| 1 (7 3/4 oz.) can salmon | 3/4 c. milk |
| 3 Tbsp. chopped onion | 1 (10 oz.) pkg. frozen peas, cooked |
| 1/2 c. chopped celery | 1 (4 oz.) can sliced mushrooms, drained |
| 2 Tbsp. butter | 1/2 tsp. seasoning salt |
| 1 Tbsp. flour | |
| 1 (10 3/4 oz.) can cream of mushroom soup | |

DEEP DISH SALMON PIE (Continued)

1 (8 oz.) pkg. refrigerated
crescent rolls

1/3 c. grated sharp Cheddar
cheese

Drain and flake salmon, reserving liquid. Saute onion and celery in butter, blend in flour. Add mushroom soup, milk and reserved salmon liquid. Cook, stirring constantly until thickened. Blend in salmon, peas, mushrooms and seasoning salt. Place salmon mixture in shallow 9 inch round casserole. Unroll crescent roll dough and separate into triangles. Place narrow edge of each triangle against outer edge of casserole. Sprinkle dough with cheese and fold in half, placing point at edge of casserole. Bake in preheated 400° oven, 15 - 20 minutes.

SALMON SUPPER PIE

Helen Wager

1 (16 oz.) can salmon
1 (10 oz.) pkg. frozen broccoli spears, defrosted
2 Tbsp. finely chopped onion
2 Tbsp. butter (or margarine)
1 Tbsp. flour
1 (10 3/4 oz.) can condensed
cream of celery soup

3/4 c. milk
2 tsp. lemon juice
1/2 tsp. Worcestershire
sauce
2 hard-cooked eggs, diced
2 Tbsp. minced parsley
Cheese Pastry (recipe follows)

Drain salmon, reserving liquid. Separate salmon into chunks with a fork. Cut broccoli into large pieces. Saute onion in butter or margarine. Blend in flour, add reserved salmon liquid, soup and milk. Cook, stirring constantly until thickened and smooth, blend in lemon juice, Worcestershire sauce, eggs and parsley. Line a 9 inch pie plate with cheese pastry, leaving a 1 inch overhang. Arrange half of the salmon and broccoli in pie shell. Cover with half the sauce, repeat. Roll out remaining pastry and cut in 1/2 inch strips. Twist strips of pastry and place over pie to form lattice. Moisten ends with water and press firmly to rim to seal. Turn overhang of bottom crust over edges of lattice strips and flute. Bake in preheated 400° oven for 40 - 45 minutes.

Cheese Pastry:

1 2/3 c. flour
1/2 tsp. salt
1/8 tsp. cayenne pepper

1 c. grated sharp Cheddar
cheese
1/2 c. shortening
5 - 6 Tbsp. ice water

SALMON SUPPER PIE (Continued)

Combine flour with salt and cayenne pepper. Add grated cheese, mixing thoroughly. Cut in shortening, until mixture resembles corn meal. Add ice water a tablespoon at a time, until dough holds together. Divide in half and roll each half into a ball. Roll out one half for bottom crust and roll out remaining dough for lattice strips.

SALMON CRUNCH PIE

Jeannette Martinson

1 lb. can salmon	1/4 c. margarine
3 eggs, beaten	1 Tbsp. grated onion
1 c. sour cream	3 drops Tabasco sauce
1/2 c. shredded Cheddar cheese	1/4 tsp. dill weed

Flake salmon, add all remaining ingredients, mix well and turn into pie plate lined with crust. Sprinkle top with crumbs reserved from crust.

Crust:

1 1/2 c. whole wheat flour	1/2 tsp. salt
1 c. shredded sharp Cheddar cheese	1/2 tsp. paprika

Cut in 1/2 cube butter. Add 1/3 cup finely chopped almonds. Reserve 1 cup for topping. Press into a 9 inch pan.

SALMON TAMALE PIE

Corn meal mush	2 Tbsp. flour
3 Tbsp. butter	1 tsp. salt
3 Tbsp. minced onion	1 tsp. chili powder
2 Tbsp. green pepper	1 1/2 c. canned tomatoes
1 clove garlic	2 c. (1 lb.) canned salmon

To make mush, stir 3/4 cup corn meal into 3 cups boiling salted water; cook 30 minutes. Cool. Use 3/4 to line bottom and sides of an oiled shallow baking dish. Drain and flake salmon, reserving 4 large pieces. Cook onion, minced pepper, garlic in butter for 5 minutes. Remove garlic; stir in flour, salt, chili powder; add tomatoes and cook, stirring until thickened. Add flaked salmon, and pour mixture into pie shell.

SALMON TAMALE PIE (Continued)

Drop remaining mush by spoonfuls over top, alternating with reserved salmon flakes. Garnish with olives, dot with butter, bake 45 minutes at 325°. Serves 4.

SALMON - POTATO au GRATIN

1 thick slice of salmon (2 lb.)	3 c. milk
2 tsp. salt	4 c. cold boiled potatoes
1/4 tsp. pepper	1/2 c. grated Cheddar cheese
1/3 c. butter	4 slices bacon, fried and crumbled
1/3 c. flour	

Place salmon in a shallow baking pan. Season it with 1 teaspoon salt and 1/8 teaspoon pepper. In a saucepan, prepare the white sauce; melt the butter over low heat, gradually stir in the flour, then add the milk, a little at a time so the mixture remains smooth. Heat until slightly thickened, add 1 teaspoon salt and 1/8 teaspoon pepper. Add the potatoes to the sauce and arrange mixture around and over the fish. Sprinkle with cheese and bacon bits. Bake 45 minutes in moderate oven (325°). Serves 6.

SMOKED SALMON POTATO SCALLOP

Sue Ross

1/4 c. margarine	1/4 tsp. black pepper
1/2 c. chopped onion	1/4 lb. sliced smoked salmon, cut into 1/2 inch pieces
1/3 c. chopped green pepper	2 eggs
1 Tbsp. flour	1/2 c. milk
Boiling water	1 c. light cream
3/4 tsp. salt	Paprika
3 c. thinly sliced, pared potatoes	

1. Preheat oven to 350°. Lightly grease a 1 1/2 quart casserole. 2. In hot margarine in small skillet, sauté onion and green pepper until tender, 8 - 10 minutes. Remove from heat; stir in flour. 3. Pour enough boiling water over sliced potatoes to cover. Add 1/2 teaspoon salt; cook, covered, 10 minutes. Drain very well. 4. In prepared casserole, layer one third of the potatoes; sprinkle with some of pepper. Layer with 1/2 sautéed vegetables, then 1/2 salmon. 5. Repeat layering with 1/3 potatoes, remaining vegetables and salmon, top with rest of potatoes. 6. With rotary beater, beat eggs with remaining salt,

SMOKED SALMON POTATO SCALLOP (Continued)

the milk and light cream. Pour over potatoes; sprinkle with paprika. 7. Bake, top covered with foil, 15 minutes. Remove foil; bake uncovered, 35 minutes or until potatoes are tender. Makes 6 servings.

SALMON PATTIES

Arlene Isaksen

2 c. cooked salmon	1 tsp. salt
1 c. Ritz crackers	1/2 tsp. garlic salt
1 small diced onion	1/2 tsp. sage
1/2 c. diced green pepper	Pepper
1 egg	

Mix all ingredients thoroughly, it should be slightly moist and should hold together. If not, add another egg. Form into patties, fry in medium hot skillet in a little oil until golden on each side.

SALMON POTATO CAKES

Linda Martinson

1 (7 oz.) can salmon, drained, skin removed	1/4 tsp. salt
1 c. diced, cooked potato	Pinch of pepper
1/4 c. minced, peeled onion	2 Tbsp. mayonnaise
3/4 tsp. dill weed	2 Tbsp. vegetable oil

In a bowl, combine salmon, potato, onion, dill weed, salt and pepper and mayonnaise. Blend thoroughly. Shape into 4 (1 inch) thick cakes. Heat oil in skillet over moderately high heat; when oil is hot, add salmon cakes. Cook 2 minutes until underside is golden; turn cakes and cook 2 minutes longer. Drain on paper towels and serve. 363 calories per serving.

May substitute 1 cup frozen hash brown nuggets for cooked potato; increase cooking time by 1 minute on each side.

SALMONBURGERS

Pansy Bray
Washington Sea Grant
Grays Harbor College

1 lb. can salmon	
1/2 c. chopped onion	
1/4 c. butter (or other fat), melted	1/3 c. dry bread crumbs
1/3 c. salmon liquid	2 eggs, beaten
	1/4 c. chopped parsley

SALMONBURGERS (Continued)

1 tsp. powdered mustard
1/2 tsp. salt
1/2 c. dry bread crumbs

6 round buttered buns
Lemon wedges

Drain salmon, reserving liquid. Flake salmon. Cook onion in butter until tender. Add salmon liquid, crumbs, egg, parsley, mustard, salt and salmon. Mix well. Shape into 6 cakes and roll in crumbs. Place cakes in a heavy frying pan which contains about 1/8 inch of fat, hot, but not smoking. Fry at moderate heat. When cakes are brown on one side, turn carefully and brown the other side. Cooking time approximately 5 - 8 minutes. Drain on absorbent paper. Place cakes in buns. Serve with lemon wedges. Serves 6.

SALMON SURPRISE NOODLE RING

4 c. cooked noodles
2 eggs, unbeaten
1 chopped pimento
1/2 c. dry bread crumbs
1 diced green pepper
Juice of 1 lemon

1/2 c. light cream
1/2 tsp. salt
1 (1 lb.) can salmon
3 Tbsp. melted butter
1 onion, chopped fine

Stir together the first 5 ingredients, mix salmon and remaining ingredients. Place half of noodle mixture in a greased ring mold, add salmon mixture packing firmly. Top with rest of noodle mixture. Bake in oven (325°) for 40 - 45 minutes or until firm. May be served with white sauce with 1/2 cup grated cheese added.

SALMON GEMS

1 c. salmon, canned (or
leftover baked, flaked)
2 eggs, separated
1 1/2 c. toasted flaked
breakfast cereal (Special
K or corn flakes)

1/2 c. milk
1 c. chopped, stuffed olives
Salt and pepper

If canned salmon is used, drain and flake it. Combine with slightly beaten egg yolks - cereal - milk - olives - seasoning. Add beaten egg whites last, folding in lightly. Grease muffin tins and fill 2/3 full. Bake 30 minutes at 375°. Serve with mushroom soup (heated), sprinkle with chopped parsley.

SALMON AND VEGETABLES IN A DISH

2 Tbsp. diced onion
2 Tbsp. butter
2 c. cooked peas
1 (1 lb.) can salmon

2 c. diced, cooked potatoes
Dash of pepper
1/2 c. sour cream

Cook onion in butter until tender, but not browned. Add liquid from peas and salmon and cook until reduced to about 1/2 cup. Place potatoes in shallow baking dish, add peas and sprinkle with pepper. Break salmon into large pieces and arrange on top of vegetables; combine reduced liquid mixture with sour cream and pour over vegetables and fish. Bake in moderate oven (350°) for 40 minutes or until vegetables have absorbed most of the liquid. Serves 6.

Instead of potatoes, use cooked rice mixed with 2 tablespoons minced pimento.

SALMON MACARONI CASSEROLE

Arlene Isaksen

2 - 3 c. cooked macaroni
1 can drained, flaked salmon
1 can cream of mushroom soup

1/2 c. grated Cheddar cheese
1 c. fresh bread crumbs

Preheat oven to 350°. Grease casserole dish, combine cooked macaroni, fish and soup. Pour into casserole dish and season to taste. Toss bread crumbs with cheese; sprinkle over top of fish mixture, bake 30 minutes.

SALMON AND MACARONI CASSEROLE

Sue Ross

1 c. raw elbow macaroni
6 Tbsp. margarine, melted
2/3 c. fresh white bread cubes
3/4 tsp. dried rosemary leaves
1/4 c. sliced onion
1/3 c. chopped green pepper
3 Tbsp. flour

1/2 tsp. salt
1/8 tsp. pepper
2 c. milk
1 (12 oz.) can whole kernel corn, well drained
3 hard-cooked eggs, coarsely chopped
3/4 tsp. Worcestershire sauce
1 c. (6 oz.) smoked salmon, cut into 1 inch pieces

1. Preheat oven to 375°, lightly grease 2 quart casserole.
2. Cook macaroni as package label directs; drain. (Continued)

SALMON AND MACARONI CASSEROLE (Continued)

3. Meanwhile, toss 2 tablespoons melted margarine with bread cubes and rosemary; set aside. 4. In rest of melted margarine, sauté onion and green pepper until tender - about 5 minutes. 5. Remove from heat; stir in flour, salt and pepper, gradually stir in milk. 6. Bring to boiling, stirring. Reduce heat and simmer 3 minutes, remove from heat. 7. Stir in corn, eggs and Worcestershire sauce. 8. In prepared casserole, lightly toss macaroni and salmon with sauce mixture until well combined. Sprinkle with bread crumbs on top. 9. Bake, uncovered, 30 minutes or until golden and bubbly. Makes 6 servings.

SALMON FONDUE

Jeannette Martinson

1 can salmon	8 slices day old bread
3 Tbsp. chopped onion	3 eggs
1/8 tsp. pepper	1 3/4 c. milk
2 Tbsp. lemon juice	1/4 tsp. salt
2 Tbsp. melted margarine	

Drain salmon and save liquid. Remove skin and bones. Break into pieces. Add onion, pepper, lemon juice and margarine. Trim crusts from bread, arrange 4 slices in shallow pan. Cover with salmon mixture. Place rest of slices on top, beat eggs, add milk, salt and salmon liquid. Pour over contents of casserole, let stand 30 minutes or longer. Bake at 350° for 40 - 50 minutes until puffed and brown.

NORTHWEST CREPES

For Crepes:

1/2 c. sifted flour	2/3 c. milk
1/2 tsp. salt	1 tsp. melted butter
2 unbeaten eggs	

Filling:

1 c. salmon	1/4 tsp. salt
1 slightly beaten egg	1/4 tsp. oregano
1 Tbsp. parsley, chopped	

Sift flour and salt. Combine 2 unbeaten eggs with milk and melted butter and add dry ingredients, mix until smooth. Heat

NORTHWEST CREPES (Continued)

lightly greased skillet over medium high heat. Pour batter (2 tablespoons at a time) into skillet. Tilt pan to make a 6 inch round thin pancake - brown 1 minute and turn and brown on other side. Place a tablespoonful of salmon mixture on crepe, roll up and place in shallow baking dish. Brush with melted butter, bake at 350° for 20 minutes. Serve with tomato sauce and Parmesan cheese. Makes 6 stuffed crepes.

SALMON PANCAKES

1 c. pancake mix	1 (7 3/4 oz.) can salmon,
1 egg	drained and flaked
1 c. milk	White sauce prepared in
1 Tbsp. salad oil	advance

Combine all ingredients except salmon and the sauce. Stir the batter until smooth. Add half the salmon. Heat the pancake griddle, oil it lightly and fry each cake until golden brown on both sides. Add the remaining salmon to the prepared white sauce and serve over hot pancakes. Makes 8 medium cakes.

CRISP BAKED FILLETS

Linda Martinson

1 lb. fish fillets	2 Tbsp. oil (or milk)
1/4 tsp. salt	1/3 c. corn flake crumbs
Dash of pepper	

1. Wash and dry fillets and cut into serving pieces. Season with salt and pepper, dip into oil or milk; coat with crumbs.
2. Arrange in a single layer on large cake rack placed in a large shallow pan, bake at 450° for 10 - 15 minutes.

BAKED FISH FILLETS

Linda Martinson

2 lb. fish fillets	3/4 tsp. salt
1 can (10 3/4 oz.) cream of tomato soup	Pepper to season
2 Tbsp. chopped onion	1 c. grated cheese

Cut fillets into 6 portions, place in greased 12x8 inch baking dish. Mix soup, onion, salt and pepper. Spread soup mixture over fish. Top with grated cheese, bake 25 - 30 minutes. Serves 6.

EASY DEEP FRIED FISH

Linda Martinson

2 lb. lingcod fillets (or any other fish)

Make a thin batter, using "complete" pancake mix and water. Cut fish into small pieces and roll first in dry pancake mix to coat evenly, then dip in pancake batter. Drain briefly, then fry in hot, deep oil until golden. Serve with tartar sauce and chips.

FISH CURRY

1 Tbsp. instant minced onion	1 c. canned tomatoes, chopped
1/4 tsp. instant minced garlic	2 tsp. tomato paste
3 Tbsp. vegetable oil	1 1/2 tsp. salt
1 Tbsp. ground coriander	1 Tbsp. lemon juice
1 1/2 tsp. ground cumin	1 lb. fresh (or frozen)
1 tsp. turmeric	fish fillets, cut in chunks
1/2 tsp. ginger	
1/4 tsp. each cayenne pepper and cinnamon	

Mix onion and garlic with 1 tablespoon water and let stand 10 minutes to rehydrate. Heat oil in large skillet; add onion mixture and sauté 3 minutes, or until golden. Add spices and cook, stirring, 2 - 3 minutes. Add next 3 ingredients and cook, stirring, 5 minutes. Add remaining ingredients, cover and cook slowly 15 minutes. Do not stir after fish is added, but shake pan gently.

FISH PUFF

Evelyn Hansen

Drain 1 (No. 2) can fish. Beat 1 egg, mix:

Fish	1/2 c. milk
Egg	Salt and pepper
1 c. mashed potatoes	

Bake at 350° for 15 minutes. Beat 1 egg white until stiff. Beat separately, 1 egg yolk, salt and pepper. Combine beaten white and yolk, heap over cooked fish mixture. Brown at 425° for 5 minutes. Serves 4.

SNAPPER WITH CASHEWS

Jeannette Martinson

2 lb. fresh red snapper
steaks
6 Tbsp. butter, melted
2 c. soft bread crumbs (3
slices)

1/4 c. chopped cashews
1/2 tsp. seasoned salt
Dash of pepper

Cut fish into 6 pieces, sprinkle with salt and arrange in greased 9x9 inch pan. Drizzle 2 tablespoons melted butter over fish. Combine crumbs, nuts, seasoned salt, pepper and remaining melted butter. Sprinkle over fish, bake at 350° for 25 - 30 minutes.

SWEET AND SOUR FISH

Linda Martinson

1 lb. halibut or cod, cut
into strips or chunks
1 egg, beaten
1 tsp. salt

1 tsp. sherry
5 Tbsp. flour
2 Tbsp. cornstarch

Sauce:

1/4 c. rice vinegar
2 Tbsp. soy sauce
1 (8 oz.) can pineapple
chunks

1/2 green pepper, cut in
chunks
1 tomato, sectioned
1/3 c. sugar
2 Tbsp. cornstarch in 1/3 c.
water

Pat fish dry with paper towels. Dip in mixture of beaten egg, salt and sherry. Roll in combination of flour and cornstarch. Deep fry until golden brown, set aside. Mix juice from pineapple, vinegar, sugar, soy sauce and cornstarch. Bring to a boil, add pineapple chunks and green pepper, cook 1 - 2 minutes; add tomato. Pour sauce over deep fried fish just before serving. Serve with rice.

SAUTEED SESAME FISH WITH LEMON RELISH

Linda Martinson

2 lb. lingcod or halibut
Salt and pepper
1/4 c. flour
1/2 c. fine dry bread
crumbs

4 Tbsp. sesame seed
1 egg, beaten with 2 Tbsp.
milk
About 2 Tbsp. each salad oil
(and margarine)

SAUTEED SESAME FISH WITH LEMON SAUCE (Continued)

Cut fish into serving size pieces, sprinkle with salt and pepper, dust lightly with flour. Stir together bread crumbs and sesame seed. Dip fish pieces in egg-milk mixture, drain briefly, then turn in the crumb seed mixture until evenly coated.

In frying pan, heat oil and margarine over medium heat, add fish and cook, turning once for 8 - 10 minutes or until fish flakes easily with a fork.

Place cooked fish on warm serving platter, serve with lemon relish.

Lemon Relish: Combine:

1/4 c. chopped parsley
1/4 c. fresh squeezed
lemon juice

1/2 c. finely chopped green
onion

FRYING FISH

Clyde Dimmick

Fry a piece of bacon in a frying pan first when frying lingcod. The bacon seems to enhance the flavor.

COD FILLETS WITH EGG NOODLES

Linda Martinson

1 (8 oz.) pkg. medium
egg noodles
3 Tbsp. butter (or margarine)
3 Tbsp. flour
3 c. milk
1 Tbsp. lemon juice
1 tsp. each dry mustard and
Worcestershire sauce
1/2 tsp. salt sub

Dash each of pepper and nutmeg
1 1/2 c. shredded sharp
Cheddar cheese, divided
2 (10 oz.) pkg. frozen
chopped spinach
1 1/2 lb. cod fillets
1/4 c. toasted slivered
blanched almonds (optional)

Cook noodles as directed on package until tender, drain. Thaw spinach and drain. Meanwhile, melt butter, blend in flour. Add milk. Stir over medium heat until smooth and thickened. Stir in lemon juice, mustard, Worcestershire sauce, salt sub, pepper, nutmeg and 1 cup of cheese. Combine cooked noodles with half the cheese sauce. Pour into 2 quart baking dish. Top with spinach. Arrange fish fillets on spinach. Pour remaining sauce over fish. Sprinkle with remaining cheese and almonds. Bake at 375° for 25 minutes or until fish is cooked. 6 servings.

SESAME LINGCOD

Linda Martinson

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|---|--|
| 2 lb. lingcod or other white fish | 1 tsp. finely grated ginger
(or about 1/2 tsp. freshly ground black pepper) |
| 3/4 tsp. salt (or to taste) | |
| 6 Tbsp. margarine (or butter) | 3 Tbsp. lightly toasted sesame seed |
| 2 Tbsp. minced green onions with green tops | |

Wipe fish with damp cloth. Season both sides with salt. Arrange in single layer in buttered shallow baking pan. Melt butter and stir in onions, ginger and sesame seed; spoon over fish. Bake in preheated 350° oven until fish barely separates when tested with a dinner knife, 15 - 25 minutes, depending on thickness. Baste occasionally with pan drippings. 4 servings.

SALT COD FISH

Ruth Hammer

(Salmon is good, but cod is best)

Lightly salt fish 6 hours to overnight. (Rock salt is best to use.) Wash off salt, cut in serving pieces and put in pan well covered with cold water. Bring to a boil and cook gently for 10 - 15 minutes.

Serve with melted butter or white sauce. My husband likes onions added to the white sauce.

This is a Norwegian favorite. If you don't want to cook the fish right after salting, you can wash off the salt and freeze it.

POACHED HALIBUT

For flaked halibut to use in sandwich spreads, dips, salads or casseroles. Place 1 pound genuine North Pacific halibut in boiling, salted water. Add 2 or 3 slices of onion and lemon, and a bay leaf. Cover and bring to boiling point, simmer 10 minutes or until halibut flakes easily when tested with a fork. Drain. Remove skin and bones, flake. This will yield 2 cups flaked halibut.

Note: For special flavor, use equal parts white wine and water for poaching halibut.

PAN-FRIED HALIBUT

Cut genuine North Pacific halibut into serving size portions. Sprinkle with salt and pepper. Place in hot skillet with fat 1/8 inch deep. Use part butter for flavor. Pan-fry over medium heat until golden brown. Turn carefully and brown on the other side. Total frying time is approximately 6 - 8 minutes. Serve with choice of sauces.

OVEN-FRIED HALIBUT STEAKS

2 lb. genuine North Pacific halibut	1/8 tsp. pepper
1 c. dry bread crumbs	1/2 tsp. paprika
1 tsp. salt	1/4 c. melted butter

Cut halibut into serving size portions. Combine bread crumbs with salt, pepper and paprika. Dip steaks in melted butter; then dip in crumb mixture. Place on well oiled baking sheet. Bake in a 450° oven approximately 12 minutes, depending on thickness of fish. Serve with Tartar Sauce. Makes 6 servings.

FISH AND CHIPS

Janis Harsila

2 eggs	1 tsp. baking powder
2 lb. halibut steaks (or fillets)	1 tsp. prepared mustard
1/2 tsp. salt	1/2 c. milk
1 c. sifted flour	1 Tbsp. butter

Beat egg yolks, add melted butter and mustard, add sifted dry ingredients alternately with milk. Fold in beaten egg whites. Dip cubes of fish in batter, which have been cut into 1 1/2 inch cubes. Fry in a basket in deep fat (375°) for about 2 minutes or until golden brown. Drain on absorbent paper. Serves 6. Serve with French fried potatoes.

ORIENTAL HALIBUT

Betty Munson

Saute 1/2 clove minced garlic in 2 tablespoons butter. Add 2 cups sliced fresh mushrooms, cook and stir 1 minute. Dice 3 - 4 halibut steaks (or any other white fish) into small cubes. Add to mushroom mixture and saute 2 - 3 minutes, add 1/2 cup white wine and soy sauce to taste, bring to a boil. Sprinkle with sliced green onion and serve over rice.

ORIENTAL HALIBUT KABOBS

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|-------------------------------------|-------------------------------------|
| 2 lb. genuine North Pacific halibut | 1 Tbsp. lemon juice |
| 1 (13 oz.) can pineapple chunks | 1 clove garlic, minced |
| 2 Tbsp. soy sauce | 1/4 tsp. pepper |
| 2 Tbsp. catsup | 1 large green pepper, cut in chunks |
| 2 Tbsp. salad oil | 1 Tbsp. minced parsley |

Cut halibut into 1 inch pieces. Drain pineapple, reserving 1/4 cup syrup. Combine reserved pineapple syrup with soy sauce, catsup, salad oil, lemon juice, garlic and pepper. Pour over halibut and marinate 1 hour. Arrange halibut on skewers alternately with pineapple and green pepper chunks. Place on broiler rack or barbecue grill. Brush pineapple and green pepper with any remaining marinade. Broil or barbecue approximately 6 - 8 minutes, sprinkle with parsley. Makes 6 servings.

BAKED STUFFED HALIBUT

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| 4 - 5 lb. piece genuine North Pacific halibut | 2 Tbsp. minced parsley |
| Salt and pepper | 1/2 tsp. salt |
| 1/2 c. chopped onion | 1/8 tsp. pepper |
| 3/4 c. chopped celery | 1 tsp. poultry seasoning |
| 1/3 c. butter | 2 Tbsp. lemon juice |
| | 3 c. soft bread crumbs |

Remove bone from halibut. Sprinkle inside and out with salt and pepper. Saute onion and celery in butter until transparent. Add parsley, seasonings, lemon juice and bread crumbs, mixing well. Place halibut on greased baking pan. Fill center with stuffing. Secure with skewers. Bake at 350° approximately 15 minutes per pound, or until fish flakes easily. (Time depends on thickness of halibut.) Serves 6 - 8.

HERBED HALIBUT WITH SHRIMP SAUCE

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| 2 lb. genuine North Pacific halibut steaks or fillets (fresh or frozen) | 1 tsp. salt |
| 1 c. white wine | 2 c. reserved fish stock |
| 1 c. water | 2 Tbsp. butter |
| 1 bay leaf | 2 Tbsp. flour |
| Dash of thyme | 2 egg yolks |
| | 1 Tbsp. lemon juice |

(Continued)

HERBED HALIBUT WITH SHRIMP SAUCE (Continued)

1 Tbsp. minced parsley

1 (5 oz.) can shrimp

Place halibut, wine, water and seasonings in saucepan. Simmer 10 - 15 minutes or until halibut flakes easily with fork. Remove halibut and keep warm while making sauce. Strain and measure fish stock. Melt butter and add flour. Stir until smooth. Slowly add fish stock. Cook until thick and creamy. Beat egg yolks with lemon juice. Stir slowly into sauce. Add parsley and shrimp, simmer 5 minutes. Spoon sauce over halibut. Serve additional sauce on the side. Makes 6 servings.

Note: The shrimp sauce may be poured over poached halibut and heated at 325° for 20 minutes.

FILLETS OF SOLE FLORENTINE

Hollandaise Sauce:

3 egg yolks

1/2 c. (1 stick) lightly salted
butter, frozen

1 Tbsp. water

2 Tbsp. lemon juice

1/8 tsp. salt

1/4 c. lemon juice

2 Tbsp. finely chopped shallot

2 tsp. dried tarragon leaves

1 tsp. salt

1 c. dry white wine

2 (10 oz.) pkg. frozen, chopped
spinach

6 fillets of sole (2 1/2 lb.)

Wine Sauce:

3 Tbsp. butter (or margarine)

3 Tbsp. flour

1/2 tsp. salt

1/8 tsp. pepper

1 c. fish stock

1/3 c. light cream

1/2 c. heavy cream

1. Make Hollandaise sauce: Combine egg yolks, frozen butter, water, lemon juice and salt in a heavy saucepan. Stir over medium heat, with wire whisk, until butter melts and sauce is smooth. Remove from heat before it becomes too thick. Cool completely. 2. Rinse fillets under cool water; pat dry with paper towels. Brush both sides with lemon juice. Fold into thirds, with dark side inside. Arrange in single layer in large skillet. Sprinkle with shallot, tarragon and 1 teaspoon salt. Pour on the wine. Bring just to a boil. 3. Reduce heat; simmer, covered, 5 - 10 minutes or until fish flakes easily when tested with fork; do not overcook. Meanwhile, cook spinach as label directs. Turn into sieve; drain well; press spinach to remove all

FILLETS OF SOLE FLORENTINE (Continued)

liquid. Return to saucepan; cover and keep hot. 4. With slotted spatula, lift fillets to heated platter; keep warm. Strain liquid from skillet into 2 cup measure. (There should be 1 cup; boil down if necessary.) Make wine sauce; melt butter in saucepan; remove from heat. Stir in flour, salt and pepper. 5. Gradually stir in 1 cup fish stock and the light cream. Over medium heat, bring to boiling, stirring constantly until mixture thickens. Remove from heat. Stir 1/3 cup wine sauce into spinach; toss. Turn into a 12x8x2 inch broiler-proof dish; spread evenly. 6. Arrange fillets in single layer on spinach. Spoon remaining wine sauce over them. Beat heavy cream until stiff. Fold into Hollandaise; spoon over wine sauce. Place under broiler 2 to 3 minutes, or until top turns a golden brown. Serve from dish. Serves 6.

TUNA LOAF

Arlene Isaksen

2 (7 oz.) cans tuna, drained	1 c. soft bread crumbs
1/2 c. milk	1 egg
Salt and pepper	1/2 lb. sliced cheese
1 green pepper, parboiled for 8 minutes	Chopped pimento

Combine tuna, bread, milk, egg and seasonings, press 1/2 of mixture into greased loaf pan; cover with layer of cheese; add the remaining half of fish mixture. Bake at 350° for 25 minutes. Top with second layer of cheese and decorate with green pepper and pimento. Bake 20 minutes longer or until loaf is firm and cheese is golden.

TUNA FISH AND NOODLES WITH MUSHROOM CREAM SAUCE

Helen Wagar

1 Tbsp. chopped onion	1/3 c. milk
1 tsp. butter	1 (7 oz.) can tuna
1 can mushroom soup	2 c. cooked noodles (4 oz. uncooked)
3/4 c. crushed potato chips	

Cook onion in butter until soft. Add soup and milk, stir well. Break tuna into chunks. Mix lightly with soup mixture and noodles. Place in greased 1 1/2 quart casserole; top with potato chips. Bake at 350° for 20 - 30 minutes. Serves 4.

TUNA CHOW MEIN CASSEROLE

Linda Martinson

1 small can chow mein noodles, crunchy kind
1 can cream of mushroom soup
1 c. water

1 can tuna, drained and flaked
1 c. finely diced celery
1/4 c. minced onion
1/4 lb. cashews
Salt and pepper

Combine all ingredients, bake uncovered at 350° for 45 - 60 minutes.

QUICK TUNA-PEA CASSEROLE

Evie Hansen

1/4 c. butter (or margarine)
1/4 c. flour
1 c. instant non-dairy creamer
2 tsp. Worcestershire sauce
1 (10 oz.) pkg. frozen peas, partially thawed

2 (6 1/2 or 7 oz.) cans tuna, well drained
1/2 tsp. salt
1/8 tsp. pepper
1 (3 1/2 oz.) can French fried onions

Melt butter in medium saucepan and blend in flour. Add creamer and 1 3/4 cups hot water, beating with wire whisk or fork. Cook, stirring until thick and smooth. Remove from heat and add remaining ingredients, except onions. Measure 1 cup onions and set aside for topping. Stir remainder into mixture and put in shallow 1 1/2 quart baking dish, bake in preheated 350° oven 25 minutes. Sprinkle with reserved onions and bake 5 minutes longer. Serves 4 - 6.

SIMPLE TO FIX - FINNAN HADDIE

Helen Wagar

To cook finnan haddie, just put it in a big skillet and add water to cover. Bring to a boil and drain the fish. Add fresh water to cover once more and then, after bringing to a boil, simmer covered for about 15 minutes. Serve with butter-parsley sauce.

OCTOPUS

Rod Chuka

To prepare for cooking: Skin the leg and cut into meal size pieces (in halves or thirds). Wash thoroughly, hold each tentacle under running water to remove sand. Rap the meat with dull edge of knife or small cutting board, the length of leg to insure more tender meat. Boil in salted water for 20 to 25 minutes

OCTOPUS (Continued)

(depending on size of leg). Slice very thinly and serve warm or cold with salt and pepper and olive oil. Also good with oil and wine vinegar. Or, put through grinder and serve in salad as with crab or shrimp.

ORIENTAL OCTOPUS

1 boiled, sliced octopus	2 Tbsp. soy sauce
1 c. vinegar	2 Tbsp. lemon juice
1/2 c. sugar	1/4 c. sliced green onion
1/4 c. oil	2 cloves garlic, minced
1/2 c. white wine	Sesame seed

Prepare octopus by boiling legs in lightly salted water for 1/2 hour. Cool. Skin if desired. Slice into thin rounds. Combine vinegar, sugar, oil, wine, soy sauce, lemon juice, onion and garlic. Let stand several hours to blend flavors. To serve, arrange sliced octopus on a platter with a bowl of sauce and a bowl of sesame seed. Dip octopus into sauce and then seed.

FISH PLAKI (Psari Plaki)

Terry Proios

Secretary, Puget Sound Gillnetters Assoc.

Use 3 pounds baking fish - striped bass, sea bass or bluefish or 2 pounds halibut, cod, haddock fillets or salmon.

Salt and pepper to taste	Bread crumbs (about 1/2 c.)
Oregano	Butter
1/2 c. olive oil	2 large onions, sliced
3 fresh tomatoes, sliced	into rings
3 scallions, chopped	Lemon slices
1 c. parsley, chopped	1 c. water
1 clove garlic, finely minced	

Place fish in greased baking pan and sprinkle with salt and pepper, oregano and olive oil. Add tomato slices, scallions, parsley and garlic. Top with bread crumbs, dot with butter and decorate with onion rings and lemon slices. Add water. Bake at 350° for 45 minutes - serving for 6.

Variation: The tomatoes, scallions, parsley and garlic may be sauteed in oil before they are added to baking dish.

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PUGET SOUND CASSEROLE

Bev Baxter

- | | |
|--------------------------------|------------------------|
| 2 c. fresh shrimp | 1 tsp. salt |
| 1 can tuna | 1 c. mayonnaise |
| 3 c. cooked rice | 1 c. chopped celery |
| 1/4 c. chopped green pepper | 1 c. chopped onion |
| 1 can mushroom soup, undiluted | 3 oz. slivered almonds |
| 1 c. canned mushrooms | |

Pour off liquid from mushrooms into measuring cup. Add milk to equal 1 cup of liquid. Mix with all other ingredients and place in greased 9x13 inch baking dish, bake 1 hour at 350°. Serves 6.

CRAB CASSEROLE

Jewel Whitcomb

- | | |
|-----------------------------|----------------------------|
| 1 c. crabmeat | A little pepper |
| 1 c. celery, chopped fine | 1 tsp. lemon juice |
| 1 tsp. grated onion | 1/2 c. mayonnaise |
| 1 1/2 c. cooked rice | 3 hard-cooked eggs, cut up |
| 1 can cream of chicken soup | 2 c. potato chips, crush, |
| 1/2 tsp. salt | leave a little for top |

Mix all ingredients, bake at 375° until it bubbles.

BAKED TOMATOES WITH KING CRAB STUFFING

Loella Dyrness

- | | |
|--|----------------------------------|
| 1 (7 1/2 oz.) can Alaska King crab (or 1 pkg. - 6 to 8 oz. frozen) | 1/4 c. chopped green pepper |
| 6 medium tomatoes | 1 1/2 c. coarse dry bread crumbs |
| 1 Tbsp. butter | 1 tsp. salt |
| 1/4 c. chopped onion | 1/8 tsp. pepper |
| 1/2 c. chopped celery | 1/2 tsp. basil |
| | Grated Parmesan cheese |

Drain and slice canned crab (or defrost and slice frozen crab), reserving 6 slices of leg piece for garnish. Cut slice from stem end of each tomato. Scoop out pulp and reserve, discarding seeds. Turn tomato shells upside down to drain. Melt butter in skillet; add onion, celery and green pepper and saute until tender. Chop reserved tomato pulp and add to skillet. Cook for a few minutes. Remove from heat and add bread crumbs, crab, salt, pepper and basil. Sprinkle insides of

BAKED TOMATOES WITH KING CRAB STUFFING (Continued)

tomato shells with salt. Fill with crab mixture. Sprinkle with grated Parmesan cheese, bake at 375° for 20 - 25 minutes, or until tomatoes are tender. For the last 5 minutes of baking, garnish with reserved leg pieces to heat through. Serves 6.

HOT CRAB SOUFFLE (OR SHRIMP SOUFFLE)

Linda Severn

Best if set in refrigerator before baking:

8 slices bread	1 c. mushroom soup
3 c. milk	1 onion, chopped
2 c. crab or shrimp (or 1 c. each)	1 c. celery, chopped
4 eggs	1 green pepper, chopped
1/2 c. mayonnaise	Grated Cheddar cheese
	Paprika

Dice 1/2 of bread in 8 inch square baking dish. Mix crab or shrimp, mayonnaise, onion, pepper, celery together. Spoon on diced bread. Trim crust from remaining slices, leave whole and pour over mixture. Place in refrigerator overnight. Bake at 350° for 15 minutes. Take from oven and spoon soup over top, bake 1 hour at 325°. Last 15 minutes, sprinkle grated cheese and paprika on top. Bake until souffle is set. Test by putting knife in center and comes out clean.

CRABMEAT CASSEROLE

Linda Severn

1/2 c. milk	Yolks of 3 hard-cooked eggs, mashed
3/4 c. soft bread crumbs	3/4 tsp. salt
1 (7 oz.) can flaked, cooked crabmeat (or 7 oz. fresh cooked crab)	1/8 tsp. dry mustard
Whites of 3 hard-cooked eggs, diced	Dash of cayenne pepper
	3 Tbsp. butter, melted

Heat oven to 450°. Mix milk with bread crumbs. Gently stir in crabmeat and diced egg whites, blend in remaining ingredients, place into buttered 9x5x3 inch loaf pan or 1 1/2 quart baking dish, sprinkle with Wheaties or buttered bread crumbs. Bake 15 minutes. Serves 2. (Recipe may be doubled.)

SOLE WITH CRABMEAT STUFFING

Loella Dyrness

2 lb. sole (or other fish fillets) (fresh or frozen)	5 Tbsp. chopped green pepper
1/2 to 1 lb. crabmeat, fresh, frozen or canned	2 c. soft bread cubes
5 Tbsp. melted butter, divided	2 eggs, beaten
1/2 c. chopped onion	1 Tbsp. chopped parsley
5 Tbsp. chopped celery	1 1/2 tsp. salt, divided
	1/2 tsp. pepper
	Orange Lemon Sauce

Thaw frozen fish and crabmeat. Cut fillets into 6 equal portions. Measure 1/4 cup melted butter into 10 inch fry pan. Cook onion, celery and green pepper in butter until tender, but not brown; turn into bowl. Drain crabmeat, remove any cartilage. Add crabmeat, bread cubes, eggs, parsley, 1 teaspoon salt and pepper to vegetables. Mix well. Turn stuffing into well greased shallow baking dish. Arrange fish fillets in single layer atop stuffing. Brush fish with remaining butter and sprinkle with remaining 1/2 teaspoon salt. Bake in 350° oven for 20 - 25 minutes or until fish flakes easily when tested with a fork. Serve with Orange Lemon Sauce. Serves 6.

Orange Lemon Sauce: Mix together 1/3 cup sugar, 1 tablespoon cornstarch and dash of salt in saucepan. Stir in:

1/2 c. water	2 Tbsp. lemon juice
1/3 c. orange juice	

Cook, stirring constantly until mixture comes to a boil. Simmer 2 or 3 minutes or until clear and thickened. Fold in 2 teaspoons grated orange rind or 1 teaspoon grated orange and 1 teaspoon grated lemon rind. Makes 3/4 cup sauce.

SHRIMP FRIED RICE

Linda Martinson

3 Tbsp. oil	2 small cans shrimp (or 1 1/2 c. cooked shrimp)
2 eggs	4 c. cold cooked rice
3 sliced green onion	2 - 3 Tbsp. soy sauce
1 small can water chestnuts, sliced	1/2 tsp. sugar

Heat oil over medium heat, beat eggs slightly; turn into pan and scramble until firm. Push eggs to one side of pan, add green onion, water chestnuts, shrimp, rice, soy sauce and sugar. Blend well, cook, stirring constantly until hot.

SHRIMP CREOLE

Karen Martinson

1 pt. shrimp (2 cans)
4 Tbsp. butter
2 tsp. minced onion
2 c. milk
2 Tbsp. parsley
2 Tbsp. catsup

4 Tbsp. flour
1 tsp. salt
1 tsp. chili powder
1/4 tsp. garlic powder
Celery salt

Cook onion in butter until soft. Add shrimp. Brown; stir in flour, salt, chili powder and then gradually the milk. Cook 5 minutes, add catsup and parsley. Cover and steam several minutes. Serve over rice.

SPAGHETTI WITH SHRIMP AND MUSHROOMS

Loella Dyrness

1 Tbsp. salt
3 qt. boiling water
8 oz. spaghetti
1/2 c. butter (or margarine)
2 small cloves garlic,
minced
1/4 tsp. pepper

6 large mushrooms, diced
(or 1 can - 6 oz. chopped,
broiled mushrooms, drained)
1 lb. raw shrimp, shelled,
cleaned and diced
1 tsp. monosodium glutamate
1/4 c. grated Parmesan cheese

Add 1 tablespoon salt to rapidly boiling water. Gradually add spaghetti so that water continues to boil. Cook uncovered, stirring occasionally until tender, drain in colander. Meanwhile, melt butter in large skillet; add garlic, mushrooms and shrimp. Cook over low heat about 5 minutes, or until shrimp turns pink. Sprinkle seasonings over mixture; add spaghetti and cheese. Using large fork, gently toss mixture until combined. Cook until heated through, but do not allow butter to brown. If desired, sprinkle spaghetti with chopped parsley and serve with additional cheese and freshly ground pepper. Serves 4.

SCALLOPED SHRIMP AND CORN CASSEROLE

Loella Dyrness

2 c. soda crackers
1 lb. shrimp
3 eggs
3 c. milk
2 Tbsp. chopped green Bell
peppers

2 Tbsp. chopped small green
onions
1/2 c. chopped celery
2 c. corn, scraped from the
cob

SCALLOPED SHRIMP AND CORN CASSEROLE (Continued)

Dash of Tabasco sauce	1/4 c. butter
1 tsp. Worcestershire sauce	Salt and pepper
1/4 tsp. dry mustard	Cracker crumbs

Line a well buttered shallow 3 quart casserole with crackers. Beat the eggs with the milk and add the shrimp and vegetables. Add seasoning and rectify to taste. Pour into the casserole and sprinkle with cracker crumbs. Dot with butter and bake in preheated 350° oven for 1 hour.

WILD RICE CASSEROLE (Serves 16)

Addie Hansen

2 c. wild rice	1 green pepper, chopped
2 c. white rice	1 onion
1 lb. crab	4 small cans mushrooms with liquid
1 lb. shrimp	1 c. toasted, slivered almonds
2 cans mushroom soup	Bread crumbs
Soup can of milk	
1 c. chopped celery	

Cook 2 rices 25 minutes and rinse in cold water, saute:

Onions in butter	Celery
Pepper	Toast almonds in butter

Mix all ingredients together, sprinkle crumbs on top, bake at 350° for 60 minutes. Bake dish in pan of water. Serve with cheese sauce:

4 cans white sauce	1/2 lb. Cheddar cheese
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FRIED CLAMS

1 qt. fresh clams, shucked	Dash of pepper
2 eggs, beaten	3 c. dry bread crumbs
2 Tbsp. milk	Tartar sauce
2 tsp. salt	

Drain clams. Combine egg, milk and seasonings. Dip clams in egg mixture and roll in crumbs. Fry in a basket in deep fat (350°) for 1 or 2 minutes until brown. Drain on absorbent paper. Serve with Tartar sauce. Serves 6.

STEAMED CLAMS

4 doz. clams in shell
2 c. boiling water

Melted butter

Wash clams thoroughly, cover with cold salt water, 1/2 cup salt to 1 gallon of water, let stand 15 minutes, rinse and repeat 2 more times. Place in large kettle, add the water and bring to a boil. Keep covered. Reduce heat and steam for 10 minutes or until clams open. Drain clams, reserve the liquor. Serve hot in shells with melted butter. Strain liquor through cloth to remove sand, if any, and serve hot in cups. Serves 6 - 8.

STEAMED CLAMS (Serve nectar too!)

Paula Chuka

About 4 qt. small steamers,
well cleaned
3 or 4 cloves, thinly sliced
3/4 c. chopped parsley

1/2 tsp. freshly ground black
pepper
1/4 c. olive oil (no water necessary)

Allow clams to spit sand by placing in bucket of clean, fresh salt water for about 24 hours - wash thoroughly in fresh water. Place above ingredients in 8 quart kettle. Place on high heat, cook just until clams open.

CLAM SPAGHETTI

Linda Severn

1/4 lb. mushrooms, sliced
1 carrot, sliced
1 clove garlic, crushed
1/2 c. each chopped onion,
celery, green pepper
2 Tbsp. oil
1/4 tsp. Italian type herb
seasoning

Approx. 1 3/4 c. chopped, raw
clams (or 2 small cans
chopped clams)
2 (15 oz.) cans tomato sauce
1/2 c. water
1/4 c. dry red wine
1 tsp. sugar

Steam clams if raw. Saute vegetables in oil. Add drained clams. Add remaining ingredients, simmer uncovered approximately 40 minutes, stirring occasionally. Serve over hot cooked spaghetti noodles. 4 - 6 servings.

MUSSELS IN WINE SAUCE

Linda Severn

In 1/4 cup butter, saute 6 chopped shallots, 1 clove garlic. Cook in deep heavy skillet for 2 minutes:

1/4 c. dry white wine

1/3 bay leaf

Add the sauteed shallots and 3 quarts scrubbed, bearded mussels. Cook closely covered over lively heat about 6- 8 minutes. Agitate the pan sufficiently during this time to cook the mussels evenly, but remove mussels immediately upon opening. Pour mussels, shells and all sauce into heated bowls. Serve garnished with 1/4 cup chopped parsley or thickened with 2 tablespoons fresh bread crumbs and poured over mussels.

MUSSELS IN HERBED BUTTER

Linda Severn

24 - 36 mussels in shell

1/4 lb. margarine (or butter)

1/2 c. minced fresh parsley

1/3 c. minced chives (or

tender young green onions)

1/4 tsp. salt

Rock salt

Scrub and debeard mussels. Knead butter, parsley, chives (or onions) and salt. Have ready a long handled spoon, such as an ice tea spoon, warmed. Spread a thick layer of rock salt in the bottom of a heavy pot and press mussels into salt. Put pan into the coals of a fire. When mussels open their shells, drop a scanty spoonful of herbed butter into each one. Cook until butter sizzles.

FRENCH FRIED SCALLOPS

2 lb. scallops

2 eggs, beaten

2 Tbsp. milk

1 tsp. salt

Dash of pepper

1 c. dry bread crumbs

If scallops are large, cut in halves. Combine eggs, milk and seasonings. Roll scallops in crumbs, dip in egg mixture and again roll in crumbs. Fry in deep fat (375°) for 2 - 5 minutes or until golden brown. Drain on paper towel. Serve hot with catsup or tartar sauce or lemon.

CREAMY SCALLOPS WITH MUSHROOMS Evelyn M. Hansen

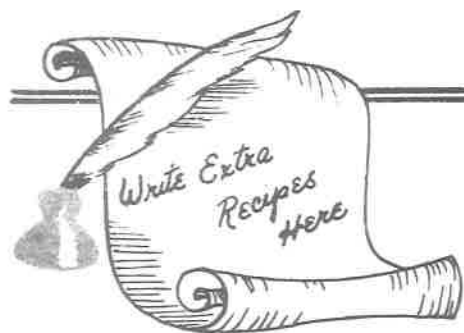
3/4 lb. sea scallops	2 Tbsp. flour
1/2 tsp. Kitchen Bouquet	2 Tbsp. butter (or margarine)
1 tsp. lemon juice	1 (3 oz.) can B in B sliced mushrooms
1/4 tsp. celery salt	
Dash of pepper	2 - 4 Tbsp. mayonnaise

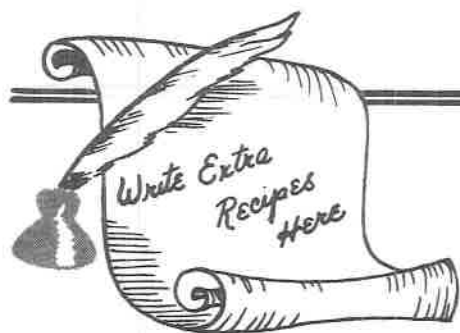
Clean scallops; drain well. Toss lightly with mixture of Kitchen Bouquet and lemon juice, sprinkle with celery salt, pepper and flour; mix gently. Cook scallops in butter over moderate heat about 5 minutes. Add mushrooms including broth and cook, stirring carefully, until sauce thickens. Blend in mayonnaise. Heat without boiling. Serve with noodles and garnish with chopped chives. Makes 3 servings.

CREAMED OYSTERS AND SMOKED SALMON SAUCE OVER NOODLES Helen Wagar

2 pt. shucked, raw oysters	2 Tbsp. finely chopped shallots (green onions)
2 cans cream of mushroom soup	1/2 lb. noodles, cooked until tender
1/4 - 1/2 c. dry white wine	Juice of 1 lemon
1 small can smoked salmon	Salt and pepper
2 Tbsp. butter	

Empty oysters into a sieve placed over bowl. Drain, reserving liquid. Saute shallots in butter in skillet. Add mushroom soup, wine, juice from oysters and salmon, lemon juice, salt and pepper. Simmer about 5 minutes, add oysters and salmon. Cover, cook 20 - 30 minutes. Serve over cooked noodles. Serves 4 - 6.

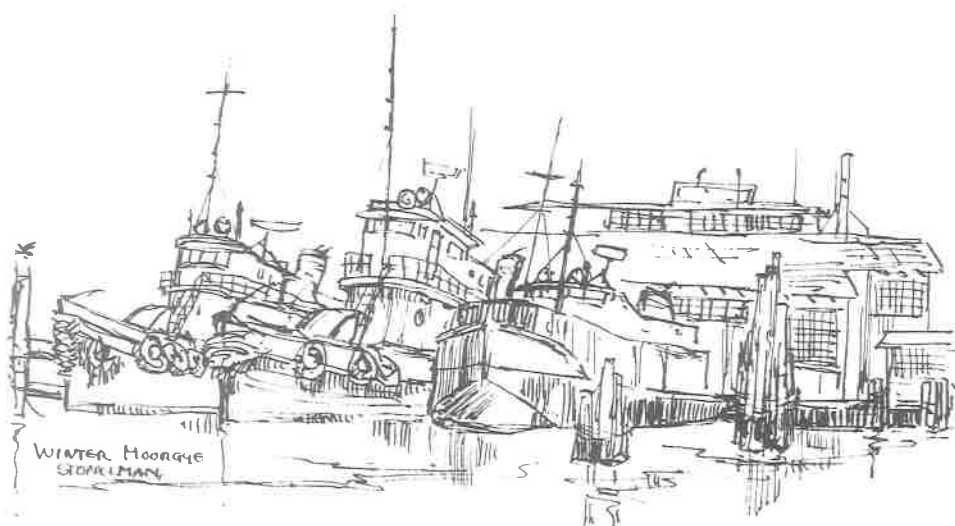






Ivory Island
STOPPELMAN,

Sauces



Winter Moorage
STOPPELMAN



SAUCES

TARTAR SAUCE

Lori Coulter

1 c. mayonnaise
2 Tbsp. chopped sweet
nubbin pickles

1 tsp. onion powder
1/4 c. juice from the sweet
pickles
1/2 tsp. salt

Mix together. Yield: 1 1/4 cups.

COCKTAIL SAUCE

Lori Coulter

1 c. ketchup
1 Tbsp. horseradish (more
to taste)

1 Tbsp. lemon juice

BAR-B-Q SAUCE

Lori Coulter

1/2 c. ketchup
2 Tbsp. brown sugar

1 Tbsp. Worcestershire sauce
2 tsp. lemon juice

WINE SAUCE

1/4 c. olive oil
1 tsp. rosemary
1/2 c. diced tomato

1 Tbsp. lemon juice
1 c. dry white wine
Salt and pepper to taste

Combine ingredients and brush on salmon steaks during cooking. Makes 1 1/2 cups. Extra sauce may be heated and served over salmon.

LEMON SAUCE FOR BAKED SALMON

2 lemons
3 Tbsp. capers

1/2 c. butter

Peel and section lemons. Chop lemons into small pieces after pulp and membranes have been removed. Melt butter over low heat. Add lemons and capers and serve warm over baked salmon. This good over grilled salmon steaks, also.

SOY SAUCE MARINADE

- | | |
|------------------|------------------------|
| 1/3 c. soy sauce | 1/2 tsp. onion powder |
| 1/3 c. salad oil | 1/4 tsp. ground ginger |
| 1/3 c. sherry | 1/8 tsp. garlic powder |

Combine all ingredients. Marinate salmon steaks at least 1/2 hour at room temperature, preferably 2 hours. Broil or grill usual way and baste with marinade while cooking, if desired.

LEMON SAUCE

- | | |
|----------------------|----------------------|
| Juice of 1 lemon | 1/4 c. melted butter |
| 1/2 tsp. garlic salt | 1/4 tsp. pepper |

Combine ingredients and brush on salmon steaks during cooking. Makes about 1/2 cup.

LEMON MUSHROOM SAUCE

Linda Martinson

- | | |
|------------------------------|------------------------------|
| 1/4 c. butter (or margarine) | 2 egg yolks, beaten |
| 1/8 tsp. white pepper | 3 Tbsp. lemon juice |
| 1 1/2 tsp. salt | 1 (2 1/2 oz.) jar mushrooms, |
| 1 1/2 c. milk | sliced, drained |
| 2 Tbsp. flour | |

Melt butter in small saucepan. Stir in pepper, salt and flour. Add milk slowly, stirring constantly. When mixture begins to thicken, add remaining ingredients and heat until thick. Serve over salmon steaks.

QUICK MUSHROOM SAUCE

- | | |
|---|---------------------------------|
| 1/3 c. sliced onion | 1 c. milk |
| 2 Tbsp. butter (or margarine) | 1/4 tsp. dried thyme (optional) |
| 1 can condensed cream of mushroom soup, undiluted | 1/4 tsp. salt |

In saucepan, saute the onions in butter until they are tender and golden in appearance. Gradually stir in the soup, then milk. Add seasonings, heat, stirring constantly. Makes about 2 cups. Good with broiled, fried or baked fish.

SWEET 'N' SOUR SAUCE

1 c. sugar	2 green peppers, sliced
1 c. vinegar	2 Tbsp. cornstarch
2 Tbsp. soy sauce	2 Tbsp. water
4 tomatoes, quartered	1 Tbsp. salad oil
2 large onions, cut into wedges	

Combine sugar, vinegar and soy sauce; bring to a boil. Add tomato, onion and green pepper; bring to a boil. Combine cornstarch and water; add to vegetable mixture. Cook until thickened, stirring constantly. Add 1 tablespoon salad oil. Makes approximately 3 cups of sauce.

BARBECUE SAUCE FOR SEAFOODS

Pansy Bray
Washington Sea Grant
Grays Harbor College

1/2 c. vinegar	
1/4 c. sugar	
1/4 c. melted butter	2 Tbsp. green onions, finely
1/4 c. white cooking wine	sliced
1 Tbsp. soy sauce	1 clove garlic, minced
1 Tbsp. lemon juice	

Combine all ingredients, cover and let flavors blend for 1 hour. Baste sauce over fish, using whole, chunked, sliced or filleted fish. Place fish on greased grill over hot coals. Salt to taste. Cook, basting with additional sauce and turning once, until fish is done. Remember, fish cooks fast. Don't overcook fish. Overcooking dries fish out. This sauce is especially good on salmon and tuna.

SALMON MARINADE

Dorothy Thompson

Fill bottom of a shallow baking dish 1/4 inch deep with olive oil. Add 1 or 2 cloves of garlic, minced; and 1/4 cup parsley, minced. Marinate salmon steaks or fillets at least 3 hours before cooking.

TWO WAY CLAM SAUCE

Linda Severn

6 Tbsp. peanut oil (or vegetable oil)	2 (8 oz.) cans minced clams, drained and liquid reserved (fresh clams may be substituted)
3 green onions (or scallions), diced	

TWO WAY CLAM SAUCE (Continued)

1 lb. egg noodles, cooked according to package directions

In a medium skillet, heat oil over moderate heat. Add green onions and cook 1 minute, stirring often until green parts turn very bright. Stir in the reserved clam liquid. Reduce heat to medium low and simmer 5 minutes, add the clams and simmer 1 minute longer. Serve over hot noodles. Serves 4.

*Italian Clam Sauce: Substitute olive oil for peanut oil. Add 3 large cloves of garlic, minced; in place of green onions, 1 pound spaghetti or linguini noodles for egg noodles.

*A simple seasoning switch changes the flavor of this sauce from Chinese to Italian.

BATTER FOR DEEP FRYING FISH

Bev Baxter

1 c. flour	1 egg
1 tsp. baking powder	1 c. milk
1/2 tsp. salt	1/4 c. oil

Combine all ingredients and beat. Cut fish into serving pieces. Wash and dry on paper towel. Roll fish in flour, dip into batter, then back into flour. Fry in hot oil at 375° for about 3 minutes until golden brown.

TARTAR SAUCE

3/4 c. mayonnaise	2 Tbsp. finely chopped olives
1 Tbsp. chopped green onion (or chives)	1 Tbsp. chopped parsley
3 Tbsp. pickle relish	1 tsp. cream-style horseradish

Combine above ingredients and blend well. Makes 1 cup sauce.

QUICK TARTAR SAUCE

1/2 c. mayonnaise (or salad dressing)	1/4 c. drained sweet pickle relish
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Combine ingredients and mix well.

SIMPLE SALMON SAUCE

Paula Chuka

3/4 c. mayonnaise
2 - 3 Tbsp. catsup

1/2 to 1 tsp. garlic powder

Serve with fried or barbecued salmon slices or filets, as you would Tartar Sauce.

CUCUMBER SAUCE

1/2 c. dairy sour cream
1/2 c. mayonnaise
1 c. finely diced cucumber

1 tsp. lemon juice
1/4 tsp. salt
Dash of Tabasco sauce

Combine above ingredients. Chill well. Makes 2 cups.

ZIPPY SEAFOOD SAUCE

3/4 c. catsup (or chili sauce)
1/4 c. mayonnaise
1 Tbsp. prepared horse-
radish

1 Tbsp. lemon juice
1/2 tsp. Worcestershire sauce
1/8 tsp. salt

Combine above ingredients, chill well. Makes 1 1/8 cups.

PETE FERRARI'S SALAD DRESSING

Pete Ferrari

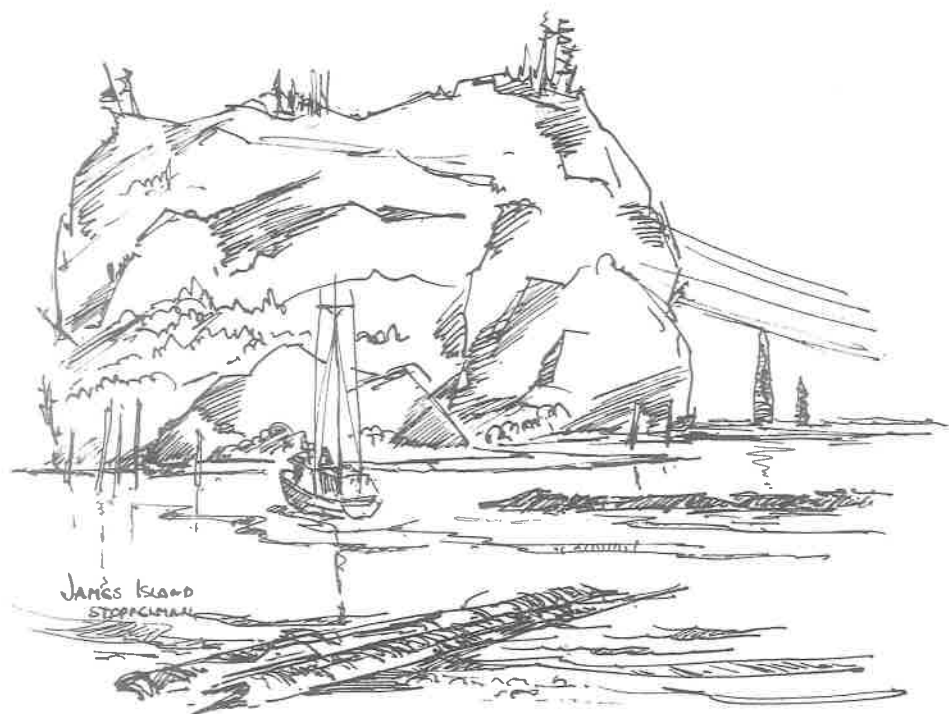
Mix in blender:

Pinch of sweet basil (or
oregano)
2 Tbsp. Parmesan cheese
3 anchovies, mashed

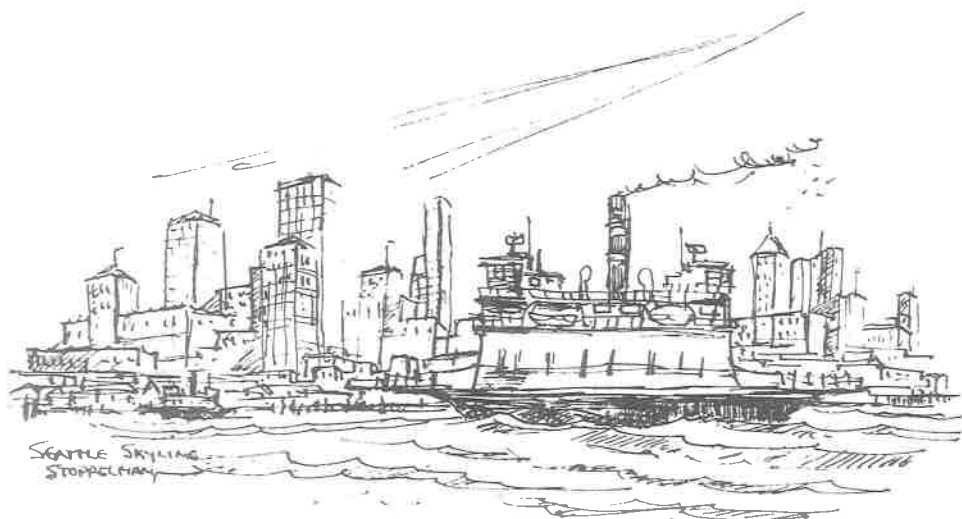
1 egg yolk
1 c. oil
1/2 c. vinegar

Serve over green salad.

** EXTRA RECIPES **



Outstanding Northwest Seafood Restaurants





OUTSTANDING NORTHWEST
SEAFOOD RESTAURANTS

SAUTEED SALMON

Chef Jerry Finley
Taylor's Landing, Mukilteo

3 oz. melted butter	Squeeze of lemon
1 oz. white wine (Chablis)	1 (8 oz.) fillet of salmon
1/4 c. chopped mushrooms	

Heat butter, wine and mushrooms until hot. Put salmon in pan, saute until done. Sprinkle with parsley before serving.

GRILLED SALMON

Chef Jerry Finley
Taylor's Landing, Mukilteo

Fry 8 ounce fillets of salmon in butter until done. Garnish with parsley.

Poached Salmon:

6 oz. milk	1 (8 oz.) fillet of salmon
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Heat salmon in milk (boil gently) 5 - 6 minutes until done. Drain, sprinkle with parsley.

SAUCY SHRIMP SURPRISE

Lorraine Kilby
Taylor's Landing, Mukilteo

2 lb. shrimp	1/2 (10 oz.) pkg. frozen mixed vegetables
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Mix shrimp and vegetables. Combine:

3/4 c. mayonnaise	1/2 tsp. sugar
1 1/2 Tbsp. mustard	1/4 tsp. salt
1 Tbsp. lemon juice	1/4 tsp. Tabasco sauce

Add shrimp and vegetables. Marinate 1 hour. Cut fresh tomatoes, leaving base hinged, fill with salad mixture. 10 servings.

BLEU CHEESE DRESSING

Chef Jerry Finley
Taylor's Landing, Mukilteo

1/3 medium sized onion
2 c. Imo (imitation sour
cream)

1 c. Blue (or Roquefort)
cheese
1/4 c. buttermilk

Place above ingredients in blender and blend until smooth.
Add:

2 c. mayonnaise
2/3 tsp. salt
1 tsp. pepper
1/8 c. distilled white vinegar

1/2 tsp. MSG
2/3 tsp. garlic salt
1/8 c. lemon juice

Blend until smooth. Mixture should be thick. Yield: 2 1/2 pints. Make 1 day ahead to enable flavors to blend. Will keep 7 - 10 days.

ALASKA KING CRAB CREPES

Lorraine Kilby
Taylor's Landing, Mukilteo

1 1/2 Tbsp. onion, diced
7 Tbsp. canned mushrooms
1 Tbsp. butter
1 1/2 c. white sauce

2 c. shredded crab
10 crepes

Saute onion in butter until soft. Add mushrooms, crab and heat. Add mixture to 3/4 of sauce and mix thoroughly. Divide on crepes and roll. Place seams down on butter dish. Heat at 300° for 10 minutes, uncovered. Put crepes in serving dish and top with sauce.

CIOPPINO - SEAFOOD SHANTY STYLE

Chef Bob Lowden
Also member of PSGA
Seafood Shanty, Seattle

1/4 c. butter (or margarine)
1 1/2 lb. clams in the shell
1 1/2 lb. true cod or red
snapper
2 lb. crab in the shell
3/4 lb. shrimp in or out of
the shell
6 oz. large snail type maca-
roni
2 medium sized onions,
chopped

2 garlic cloves, pressed or
minced
1/3 c. chopped parsley
2 (14 oz.) cans regular
strength chicken broth
1 c. water
2 c. dry white wine
1 bay leaf
1/2 tsp. thyme and rosemary
leaves

CIOPPINO - SEAFOOD SHANTY STYLE (Continued)

Melt butter in 6 quart or larger kettle. Add onion, garlic and parsley. Cook until onion is soft, stirring often. Mix in bay leaf, thyme, rosemary, wine, broth and water. Simmer 15 minutes.

Rinse off clam shells, cut fish into 1 inch pieces, break legs off body of crab which is cleaned, but still in the shell. Place crab legs and body, clams, noodles and fish into the kettle. Cover and simmer until noodles are done (10 minutes). Add 2 - 3 tomatoes, cut up. Mix well. Serve while hot with French bread and your favorite wine.

MISO-YAKI

THE FARMHOUSE
Port Townsend

A Japanese way of broiling fish. It is unsurpassed. Miso is a paste, resembling peanut butter. It is a by-product of sake making. THE FARMHOUSE serves salmon, snapper and Ling fillets prepared this way, charcoal broiled or under the broiler of a range.

Marinate fillets in a mixture of Kikkoman soy, sake, sugar, garlic and fresh ginger. The amounts will vary with the taste. Too much soy, for instance, makes it too salty. When you find your own preference, you will like it very much indeed. Do not overcook - when a milky substance begins to show, the fish is done - or try flaking it with a fork, or watch when it loses its transparency.

COQUILLES ST. JACQUES

Harbour House - Edmonds
Chef Kris Grinaker

8 oz. scallops

1 oz. butter

3 Tbsp. lemon juice

2 oz. sliced mushrooms

4 oz. Hollandaise sauce

1 oz. grated Swiss cheese

1 shallot, chopped

2 oz. white wine

2 egg yolks

2 oz. heavy cream

8 oz. cream sauce

Salt and pepper to taste

Saute scallops in butter and lemon juice. Remove scallops from pan; keep warm. Saute sliced mushrooms and shallots in butter and wine; add liquor (juices from scallops). Incorporate blended heavy cream and egg yolks into hot cream sauce. Blend hot sauce into mushroom mixture. Season to taste. Do not boil. Pipe border of Duchess potatoes around border of serving dish.

COQUILLES ST. JACQUES (Continued)

Brown in oven. Pour scallops in center of dish. Then pour sauce over scallops. Top with grated Swiss cheese, brown in oven. Makes 2 servings.

SOLE ALMONDINE

Harbormaster Restaurant
At the Admiralty Resort
Port Ludlow

Dungeness crabmeat
Alaskan shrimp meat
Crumbled bacon
Chopped chives
Salt

White pepper
Mayonnaise
Sole filet strips - approx.
2 inches wide

Almondine Sauce: Basic medium-white sauce with a butter and flour roux. Season to taste with:

Nutmeg
Ground fennell
Cinnamon

White pepper
Almond extract
Toasted sliced almonds

Combine first 7 ingredients, spoon into individual sole filet strips. Roll jelly roll fashion and secure with a long wooden pick. Prepare Almondine sauce and let simmer over a double boiler for about 20 minutes. Poach sole in plain water until firm and opaque. Remove sole from water and place in a low rimmed serving dish. Ladle with Almondine Sauce and top with toasted almonds.

WINDJAMMER PECAN PIE

The Windjammer - Seattle
Chef Frank Tomajko

5 eggs
1 c. sugar
1 c. corn syrup

1 tsp. vanilla
1/3 c. butter

Mix together well. Put 1 cup pecans in unbaked pie shell. Pour in egg mixture, bake in 350° oven for 40 minutes. Top with shaved semi-sweet chocolate.

WINDJAMMER NOODLES
(Noodles au Tim)

The Windjammer - Seattle
Chef Frank Tomajko

8 oz. medium noodles
1/4 c. chopped onions
1 clove garlic, minced
4 Tbsp. butter
2 c. (16 oz.) cottage cheese

2 c. dairy sour cream
1 Tbsp. Worcestershire sauce
1/2 tsp. salt
Several drops Tabasco sauce

Cook noodles in boiling water (salted) for 10 minutes; drain. In small pan, cook onion and garlic in the butter until tender. In large bowl, combine onion mixture with cottage cheese, sour cream and seasoning, stir in noodles. Turn into 2 quart casserole; cover and bake in 350° oven for 50 - 55 minutes. Serve hot with a side dish of grated Parmesan cheese. Yield: 8 - 10 servings.

MORNAY SAUCE
(For Scallops or Sole Dish)

The Windjammer - Seattle
Chef Frank Tomajko

1 qt. half & half

Make butter roux and thicken half and half. Add:

1 c. Swiss cheese
1 Tbsp. Parmesan cheese
1 tsp. salt and taste

1 tsp. white pepper
1 oz. or more to taste white
table wine (Chablis)

Cook at medium heat until smooth. Do not scorch. Strain through fine China cup.

BOUILLABAISSE

The Windjammer - Seattle
Frank Tomajko

Saute in vegetable oil:

6 medium sized carrots
(bits)

2 medium sized onions
6 celery stalks

Strain off oil. Add:

2 qt. fish stock
1 c. diced (canned) tomatoes
1 tsp. ground thyme
1/2 tsp. whole thyme
Pinch of ground fennel

1 tsp. saffron
1 Tbsp. crushed bay leaves
Salt to taste
1 tsp. white pepper

BOUILLABAISSE (Continued)

Bring to boil. Simmer until fish flakes. Add 1/2 dozen clams in shell, bits of lobster or shrimp, or any shell fish plus salmon (chunks), halibut or any choice of fish.

Yield: 6.

IMPERIAL CRAB

The Windjammer - Seattle
Frank Tomajko

As main course or as a stuffing for salmon or filet of sole:

2 lb. crabmeat	5 beaten eggs
2 Tbsp. finely chopped green pepper	3/4 c. mayonnaise
2 Tbsp. finely chopped sweet red peppers	1 Tbsp. dry mustard
	1 tsp. Accent salt
	1/2 tsp. cayenne pepper

Combine mayonnaise and beaten eggs, add balance of ingredients, toss lightly.

Imperial crab in casserole - topped with a light cheese sauce and baked for 15 minutes at 375°.

Use as stuffed chicken breast.

SALMON BUTTER

Ray's Boathouse - Seattle
Chef Mike Brown

1 cube butter	
1/2 tsp. garlic powder	1/2 tsp. rosemary
1/2 tsp. ground oregano	

Melt butter with ingredients. Baste salmon fillets with mixture while barbecuing or broiling.

TIGER PRAWN BUTTER

Ray's Boathouse - Seattle
Chef Mike Brown

1 cube butter	
Parsley	1/4 tsp. Italian seasoning
3/4 tsp. pepper	1 tsp. garlic powder

Melt above ingredients. Cool. Split whole unshelled prawns down the middle, lay meat side up in baking dish. Lay rolls of butter across prawns and bake.

STUFFED BAKED SALMON

Chef Robert Pickett
Waverly By the Sea
Steilacoom, Wa.

1 (9 - 12 oz.) salmon fillet

Stuff with wild rice. Bake at 350° for 18 minutes, remove from oven and brown in frying pan. Serve with a white sauce and sprinkle with chopped almond or nuts.

POACHED HALIBUT WITH SHRIMP ESTRAGON

Chef Mike Barker
Ivar's - Seattle

1 1/2 lb. halibut fillet
1 bay leaf
1 tsp. tarragon
1/4 tsp. thyme
3/4 c. stock
1/8 c. vinegar

1/8 c. wine
1/4 c. milk
1 1/2 oz. butter
1 1/2 oz. flour
4 oz. shrimp meat
Salt and pepper to taste

Cut halibut into four equal pieces. Place in baking pan. Put enough water in baking pan to just barely cover the halibut. Add bay leaf, tarragon and thyme. Cook over low heat for 15 - 20 minutes. After halibut is poached, take 3/4 cup stock from halibut and put in saucepan. Add vinegar, wine and milk and bring to a boil.

Melt the butter in another saucepan. When melted, add flour. After flour is added, add sauce, stirring constantly. When sauce is thickened, add shrimp meat, salt and pepper to taste. Remove halibut from baking pan, put on serving dish and pour sauce over halibut. Servings for 4.

FILET OF SOLE WITH MORNAY SAUCE

Chef Mike Barker
Ivar's - Seattle

Mornay Sauce:

1 pt. milk
1/2 c. oil

1/3 c. flour

Make white sauce from above and add:

1 1/2 oz. Parmesan cheese
1/4 tsp. salt
1/4 tsp. pepper

1/4 tsp. Accent
1/4 tsp. white pepper
1/2 c. sherry wine

FILET OF SOLE WITH MORNAY SAUCE (Continued)

Simmer slowly and serve over four (7 to 8 ounce) filets of sole. Dust sole with flour and grill approximately 2 minutes on each side. Sole may also be poached.

CHOWDER

Chef Chuck Hemmings
Golden Tides - Seattle

2 1/2 lb. diced potatoes
1/2 stock diced celery
3 qt. milk
1/2 c. cooked mushrooms
1 medium onion
1/2 lb. cooked bacon
1 lb. whole baby clams

1 lb. cocktail shrimp
1 tsp. salt
1 tsp. black pepper
1/2 tsp. lemon peel
1 Tbsp. chopped parsley

Boil potatoes, celery, and onions until almost done. Then add the rest of the ingredients and simmer for about 10 minutes.

OYSTER CASSEROLE

The Galley - Seattle

4 qt. baking bowl or deep pan

Butter the baking dish, place bread croutons all around the wall of the baking dish. Put in bowl:

2 eggs
1 c. milk
1 can mushroom soup

1 can creamed corn
1 tsp. salt
1/2 tsp. pepper

Place oysters over croutons in a layer. Place 1/2 cup Cheddar cheese crumbs, 4 slices mild onion over oysters, then add 1/2 liquid mix over oysters - add layer - croutons, layer oysters, cheese and onion - add rest of liquid. Top with croutons. Bake 60 minutes at 400°.

BAR-B-Q SALMON HAWAIIAN STYLE

The Galley - Seattle

Filet a 6 to 8 pound salmon. Place flat in a buttered baking sheet pan. Mix:

1 tsp. salt
1 c. pineapple juice

1 c. teriyaki sauce

BAR-B-Q SALMON HAWAIIAN STYLE (Continued)

Place in a bowl, baste salmon with this mix: Sprinkle 1 cup brown sugar over salmon - then spread 1 1/2 cups crushed pineapple over top of sugar covered salmon - bake in 350° oven for 20 minutes.

BAR-B-Q TERIYAKI OYSTERS

The Galley - Seattle

Place 24 medium sized fresh washed and dried oysters on a buttered shallow baking pan - sprinkle with garlic salt, then add teriyaki sauce to half way cover oysters in pan. Add 1/2 cup lemon juice to teriyaki. Bake at 400° for 30 minutes. After 15 minutes baking, turn oyster in pan and bake 15 minutes more. Serve as hot appetizer.

FILLET OF COD IN WINE SAUCE

Skyline Marina

6 fillet of cod	1/3 c. pimento
1/3 lb. butter	1 c. sauterne (white) wine
1/2 c. finely chopped green pepper	1 pinch of cayenne pepper
1/3 c. finely chopped Spanish onion	1 Tbsp. prepared mustard
	Flour
	3 c. milk

Saute fillets (which have been flavored) in butter. Keep warm in oven. Melt butter, add enough flour to make a roux. Add all ingredients except milk, stir over medium heat until blended. Add milk (low heat); stir until smooth with French whip. Pour over fish.

CRAB QUICHE (So easy)

Skyline Marina

1 egg, beaten	1/4 c. sliced green onions
1/2 c. mayonnaise	8 oz. Swiss cheese, grated
1 Tbsp. flour	1/2 lb. crabmeat
1/2 c. milk	1 baked pie shell (7 minutes)

Combine ingredients, pour in shell and bake at 350°.

* PRIZE CRAB SOUFFLE

Skyline Marina

8 slices bread
2 c. crab (or shrimp)
1/2 c. mayonnaise
1 onion, chopped
1 green pepper, chopped
1 c. celery, chopped

3 c. milk (evaporated)
4 eggs
1 can mushroom soup
Grated cheese
Paprika

Dice half of bread in baking dish. Mix crab, mayonnaise, onion, green pepper, celery, spread over bread. Trim crusts and lay 4 slices of bread over mixture. Mix eggs and milk, pour over mixture. Refrigerate overnight. One hour before dinner, bake 15 minutes at 325°. Remove from oven, top with soup-cheese, paprika. Bake 1 hour at 325°. Serves 12.

Let stand 5-10 min before serving

SCALLOPS

Chef Dan Linehan
Tiki Hut - Seattle

6 oz. fresh scallops (or frozen scallops), thawed and drained

Place scallops in individual serving dish, pour over 1 ounce drawn butter. Sprinkle a small pinch of granulated garlic over scallops and top with chopped parsley. Bake 25 minutes until golden. Serve with creamed potatoes.

SALMON EN PAPILOTTE (IN PAPER) (Serves 2)

Skipper's Galley Restaurant
Seattle

Dan Fisher, Chef

1 lb. salmon, sliced thin
1 small onion, sliced
4 medium sized mushrooms,
sliced
1/4 lb. tiny Alaska shrimp
(optional)
1 c. flour
1 lemon, sliced thin
6 capers
1 c. heavy cream

1 tsp. chicken base
1 small garlic clove, peeled
and minced
1 c. olive oil
1 c. butter
Salt and pepper
1 oz. cooking sherry
1 parchment paper or brown
paper bag, lightly coated
with shortening to prevent
burning

In one pan, melt half of the butter and half of the olive oil. Dip salmon lightly in flour and add to pan, cooking until light brown on both sides (approximately 2 minutes each side). While

SALMON EN PAPILLOTTE (IN PAPER) (Continued)

salmon is cooking, heat remaining oil and butter until hot and add onions, mushrooms and shrimp. Add seasonings. Saute until almost done, then add sherry and cream. Finish with salt and pepper for taste. Place cooked salmon on 1/2 of paper circle, cover with sauce being careful not to let sauce run over edge of paper. Arrange lemon slices on top and sprinkle with capers. Fold over empty half of paper to make 1/2 circle. Start at one side of opening in paper and make small folds in edges to seal in the food (and the flavors and nutrients!), overlapping as you go around until completely sealed. Place carefully on cookie sheet or flat pan, bake in preheated oven (425°) for 20 minutes. Take out of oven and serve to astonished but happy husband! Bon Appetit!

** EXTRA RECIPES **

** EXTRA RECIPES **

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